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Katie Derham

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Photography **John Swannell** Hair **Jonathon Malone** Make-up **Ruby Hammer** Styling **Gayle Rinkoff** Top and skirt **Coast** Shoes **Gina Jewellery** **Katie's own**



TRIED & TESTED

Your trust is important to us, which is why:

Every recipe is tested three times in the GHI kitchens.

Every product test bearing the GHI logo is carried out to the strict standards laid down by the Good Housekeeping Institute, our leading research centre.

Recommendations on our editorial pages are based on the impartial advice of our editors and expert contributors.

All health articles are checked for accuracy by the Good Housekeeping Health Watch team of health professionals.

All prices are correct at time of going to press.

GET IN TOUCH WITH US!

We aim to correct significant inaccuracies in the next available issue. If you would like to get in touch, please email us at goodh.mail@hearst.co.uk



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Welcome



Good Housekeeping's Editor, Lindsay, on what she's loving right now...

Life is sweet

When new members of staff join the team, we laughingly warn them about The GH Stone. That's the (not always mythical) 14lb weight gain that is sure to follow once you arrive at GH Towers, thanks to all the tasting we do for our Triple-Tested recipes. But spare a thought for us come Easter. Not long after we've done Dry January and worn our activity trackers to encourage extra exercise, we arrive at work to face a mountain of chocolate, a stack of hot cross buns and all manner of Bank Holiday goodies. This year was no exception – and resistance was futile. The Cookery Team has outdone itself with the finest collection of Easter bakes, while our experts at the GHI rounded up the best Easter eggs and treats in the shops. I just know you'll enjoy them as much as we have. Happy Easter!

Lindsay Nicholson

Follow me on Twitter @LindsNich



Fresh from the GHI:
Spring's most
tempting treats



YOUR WEEKLY GH FIX

I love it when I know a new issue of Good Housekeeping is freshly arriving on subscribers' doormats and appearing on newsstands in the shops. And from your letters, I know that you too anticipate that day each month. But did you know there is a way to receive weekly GH updates – free and straight to your email inbox? The Good Housekeeping Weekly is the team's regular email to you, full of recipes, expert advice and inspiring news stories from the past seven days. If you'd like to sign up, text GH plus your email address to 84499. We wouldn't want you to miss a thing!



Tune in to discover
Sandi's desert
island treasures

Play it again!

Did you hear our Sandi Toksvig on Desert Island Discs? I've always loved that programme – just the sound of those birds and the oh-so familiar theme song, and I am glued to the radio for 45 blissful minutes. If you missed her, it's well worth finding on the BBC's iPlayer catch-up service. The combination of DID's genius format and Sandi's brilliant choice of music is a real treat. And don't miss her GH column this month, as she fills us in on her behind-the-scenes experience and just why she chose It's Raining Men...

LAUNCHED IN 1922, GH AND ITS TEAM HAVE WON CONSISTENT PRAISE FOR EXCELLENCE IN JOURNALISM, DESIGN AND CAMPAIGNING. AWARDS INCLUDE: 2015 PPA Editor of the Year; PPA Consumer Media Brand of the Year. 2014 Red Carpet Award. 2013 Best Lifestyle/Leisure News Site at the Online Media Awards; PPA New Consumer Journalist of the Year Award (highly commended) to Moya Sarnier. 2012 Jasmine Soundbite Award; Red Carpet Award; Guild of Health Writers Award runner-up. 2011 ACE Gold Award for Circulation Excellence by a Major Magazine; Excellence in Oncology Reporting Award. 2010 FPA Rosemary Goodchild Award for Excellence in Sexual Health Journalism; Red Carpet Award. 2009 Jasmine Visual Award; Travel Press Award to David Wickers. 2007 BSME Mark Boxer Lifetime Achievement Award to Editor Lindsay Nicholson. 2006 PPA Consumer Magazine of the Year. 2005 Race in the Media Consumer Magazine Award. 2004 Gold Medal at the Hampton Court Palace Flower Show for the Anais Anais garden. 2003 Lifetime Achievement Award to Editor Lindsay Nicholson from The Work-Life Balance Trust. 2002 Eagle Award for Editorial Innovation. 2001 The GH Organic Handbook named best organic cookbook, The Gourmand World Cookbook Awards.

PORTRAIT OF LINDSAY: BRIAN ARIS. ILLUSTRATION: CLARE MACKIE. ADDITIONAL PHOTOGRAPHY: KATE WHITAKER



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THIS MONTH: HOW YOU LOOK AFTER YOURSELF, AND YOUR PLANS FOR THE BANK HOLIDAY

Q.

What's the first thing you do when you want to feel instantly better?

A.

I always have lemonade and fresh mint lollies in the freezer. They're easy to make and they satisfy my craving for something sweet. KATE OGLE

My friend got me hooked on colouring books – they are a great way to get my mind switched off for a while.

SANNA NURKKA

Walking clears my head, puts things into perspective and keeps me fit and healthy. Go with a friend and you can put the world to rights, too!

RUTH BOWLES

I make green soup – any green veg, spring onions, kale, courgettes, and so on, plus a peeled potato, cubed. Simmer in stock with garlic and seasoning and then blend. It really works!

JAYNE DOLLOWAY

I've recently been converted to drinking lemon water – the benefits are endless. I've noticed I have more energy, my skin is clearer and so far I've not had any colds or bugs.

LISA O'HARA

Pilates has almost eradicated my back pain. I'd definitely recommend trying a class.

JOJO YOUNG



Exercise, eating well... what restores your sense of balance?



STAR EMAIL

I had such a lovely experience reading GH with my 11-year-old daughter, Emma. I was sitting on the sofa with my March magazine when she joined me with the February issue. She said that she was going to read every page. It was a beautiful time to share with each other, and she has now asked if I can pass on the magazine to her before giving it to my mother-in-law!

SUSE GOODWIN

YOUR WORDS IN NUMBERS

It's almost Easter! How are you planning to spend the Bank Holiday?

40%

A long, lovely lunch with the family

35%

Meeting friends, going for a walk

15%

Eating chocolate – egg-shaped, or whatever!

10%

Taking a cheeky mini-break



Want to win one of our famous aprons and be published in GH? Answer next month's question at goodhousekeeping.co.uk/news/worth-sharing

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POST Worth Sharing, Good Housekeeping, 72 Broadwick Street, London W1F 9EP

Arrange it for Easter

PHOTOGRAPHY MARK SCOTT
STYLING CAROLYN BAILEY

Gorgeous floral arrangements are definitely a thing this year – whether it's a line-up of sophisticated blooms or a bouquet of ranunculus for your table.

We asked some of the UK's top florists to dream up exclusive designs to inspire you... and wow your guests!





Keep flowers fresh for longer with these ideas from The Flower Council of Holland (funnyhowflowersdothat.co.uk):

1 Wash your vase thoroughly before use to get rid of bacteria, which can block flower stems and prevent water being taken up.

2 Add flower food to your water to supply nutrients.

3 Cut stems at an angle with a disinfected knife to allow for more water absorption.

4 Keep flowers away from hot spots, such as ovens and radiators, which can cause blooms to wither prematurely.

5 Be careful when placing flowers near a fruit bowl. Fruit gives off ethylene gas – a ripening hormone that will speed up the ageing process in your blooms.

INGREDIENTS:

Agapanthus, anemone, astilbe, bouvardia, lilac, sweet William, phlox, ranunculus and eucalyptus

WHAT IT COSTS:

Posies, from £15 to £45; vases (from left): small jug, £25, droplet, £15, green circle, £23, white dot, £65, medium jug, £35, all Philippa Craddock at Selfridges (philippacraddock.com)

Wallpaper, from a selection, Ellie Cashman (elliecashmandesign.com). Other items, stylist's own



*Chic for Spring?
Shades of pink
with a dash
of lime...
Fresh, with a
modern twist*

McQUEENS



INGREDIENTS:

Blush Sweet
Avalanche and Faith
roses, guelder roses
and Nymph amaryllis,
styled with natural
magnolia branches

WHAT IT COSTS:

Bouquets, from £120
(mcqueens.co.uk)

INGREDIENTS:

Anemones,
hellebores,
forget-me-nots,
ranunculus, guelder
roses and spray roses

WHAT IT COSTS:

Bouquet, £125,
and vase, £55, both
Wild At Heart
(wildatheart.com)

Cushion in Moon Blossom
fabric, £117 a metre,
Beacon Hill (beaconhill
design.com).
Fruit bowl,
£10, Habitat
(habitat.co.uk)

*Use an abundance of
flowers in a variety
of soft pastel colours
to reflect a beautiful,
blossoming garden*

WILD AT HEART



BROCKE DE CAMPO
JONATHAN BECKER

BRIGHT



INGREDIENTS:

Ranunculus

WHAT IT COSTS:

Bouquets, from £60,

Paula Pryke

(paulapryke.com)

Vase, from a selection, LSA
(lsa-international.com).

Wallpaper, from a selection,
Ellie Cashman (ellicashman
design.com). Linen napkins,
£7.50 each, Designers Guild
(designersguild.co.uk)

*Ranunculus are my very
favourite flower... They get
more beautiful each day
and actually look at their
best the day before they die*

PAULA PRYKE



*Rolling in
the hay is
Aussome
Hay-like hair?
No thanks*

#FindYourAussome



There's more to life than hair but it's a good place to start





INGREDIENTS:

Narcissus Sol d'Or,
ranunculus and
Yokohama tulips

WHAT IT COSTS:

Bouquets, from around
£70, hand-selected
antique jars, from £95,
all Bloomsbury
Flowers (bloomsburyflowers.co.uk)



Short-stemmed Spring flowers work well in containers that are not too tall. Bright, bold shades give an intense pop of colour, and there's no need to add any foliage to this compact design

BLOOMSBURY FLOWERS



Tokyo Yellow shelving, from a selection, Montana (montana.dk). Picardie tumblers (just seen), £2.50 each, and bowls and plates, from a selection, all Habitat (habitat.co.uk). Hanging egg decorations, from a selection, Gisela Graham (giselagraham.co.uk). Highgate Rose dinner plates, £7 each, Highgate Ditzzy side plates, £5 each, Highgate Rose bowls, £7 each, all Cath Kidston (cathkidston.com)

ADDITIONAL WORDS: GRACE ALLEN

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#FindYourAussome



There's more to life than hair but it's a good place to start



Life's not perfect *and neither am I*

She defied her critics to reach the finals of last year's *Strictly*, mixing game-for-ananything determination with elegance and legs to die for. But behind the sequins and glamour, life isn't all plain sailing for Katie Derham, who talks to GH about raising girls, working hard and those accusations of being Little Miss Perfect...

PHOTOGRAPHY **JOHN SWANNELL**
INTERVIEW **JACKIE BROWN**

With her huge smile and charming manner, it's hard to believe that TV presenter Katie Derham could fail to win fans wherever she goes. But her appearance on *Strictly Come Dancing* had the audience divided over whether they liked her or not. It seemed that the main criticism – particularly in some parts of the media – was that she was just too perfect to be likeable. Nevertheless, after a shaky start, she and partner Anton Du Beke ended up coming fourth in the final.

So what is Katie like when she's away from the TV cameras? At the GH photo shoot, she is friendly, chatty and very down to earth. Having made her name as a journalist and newscaster, Katie, 45, is now best known for her Radio 3 show and for presenting the BBC Proms.

She and her husband, businessman John Vincent (co-founder of healthy fast food chain Leon) left London life behind to bring up daughters Natasha, 15, and Eleanor, 10, in Sussex. And while Katie's the first to admit that she feels very lucky with her life, it has had its rocky moments. She talks to Good Housekeeping about working as a cleaner after university, gatecrashing a ball to meet her husband, and her mother's struggle with dementia.



It's a good thing not to
be a perfectionist about
stuff, otherwise you'd
drive yourself insane!



Katie's words to
live by: 'My real
motto? Be kind, be
brave, be polite'



To an outsider, it looks like your life is a good balance – do you really have it all?

Nobody ever has the perfect balance. We all strive for it, don't we? My husband, John, and I both work very hard and like what we do. The most important thing is we've got two lovely girls who, touch wood, are happy and healthy and seem to enjoy life. Nothing is more important than family. Sometimes it's a good thing not to be a perfectionist about stuff, because otherwise you'd drive yourself insane thinking, 'Oh, I ought to be doing something better at work or better at home.' We don't have the perfect everything, of course we don't. But I'm very lucky, and I love what we've created together as a family.

Is it true you met your husband when you gatecrashed a ball at Cambridge University?

I'd gone back [after graduating] with a friend to a couple of parties, and we thought we'd try to get into this ball. And we succeeded, or so we thought. But John was there working at the ball and he pretended to be security, and sort of said, 'Oh all right then, I'll let you stay.' I only found out afterwards that he wasn't security at all! So that's how we met. We were just friends then, but we started going out a couple of years later.

Do you have date nights?

I don't think we've ever called it that because that phrase makes me feel slightly sick. But it's always lovely when we go out. Whenever we do, you think: 'Oh, we should do this more often.' We talk and text a lot, and we always know what the other is up to.

Congratulations on your success in Strictly! You seemed to be having a great time...

It was the most extraordinary experience. You feel completely caught up in this new, wonderful world. Can you imagine? I come from a news background and suddenly I am having glitter cannons

What do I like about Good Housekeeping?
All the advice and Tried & Tested products. It's definitely a standard-setter for quality. And I love the recipes!



people screaming... It is a whole new crazy world. It is fantastic, but it's mad.

You looked very at home on the dance floor. How much dancing had you done before the show?

I only ever danced freestyle at weddings. I did ballet until I was about 11, so I knew how to move and I love watching dancing. When I was asked to do the show I thought it would be great to learn. I wasn't in good nick when we started and the first dance was the jive, so I spent three weeks jumping up and down. I was

fired at me and pyrotechnics going off and

exhausted, my knees were hurting and I thought, 'Oh God, I don't know if I can do this.' But you get fit fast. My clothes started feeling a bit loose and I went down a dress size overall. All the bits that used to wobble stopped wobbling!

The show is famous for dancing partners having affairs. Was your husband worried?

We've been married for 16 years and together for 20. When it came up, John said I should definitely do it. He was thrilled when I got paired with Anton Du Beke because we'd met him once and knew he was a nice guy. I'm sure some of John's mates had one or two things to say about the whole business, but I knew there



KATIE WEARS (PREVIOUS SPREAD): SHIRT, JAMES LAKELAND; JEANS, LK BENNETT. SHOES, CHELSEA PARIS; EARRINGS, GEMFORIA. THIS PAGE: TOP, GERRY WEBER; JEANS, LK BENNETT; EARRINGS, FOLLI FOLLIE; RINGS, KATIE'S OWN; CHAIR, HIP PROPS

was nothing to worry about. He trusts me.

We saw John pictured in a cartoon suit at the end of the series – what was that about?

John is quite an extravagant, extrovert character and during the show he became very friendly with Strictly's warm-up man in the studio who wears a suit like that every week, although you never see it on TV. It became a standing joke that if I got to the final, John would wear the same suit, and that's what happened. It came out again on New Year's Eve, and I know it will appear again.



living in – I wasn't doing anything else during the day and my flatmates said, 'We will pay you.' I did all sorts of stuff – telesales and the whole nine yards. I was very keen to get into media, so I did work experience at BBC North, which is where I grew up, and saw an advert for a job at the old Radio Five (before Five Live). I got that, and that is how I started. I worked my way up.

Are you quite a determined person, then?

I suppose so. I was brought up to work hard, to have a good work ethic and not to rely on other people or assume anything is going to be handed to you.

What advice do you give your two daughters?

I tell them to work hard but to do what they enjoy. My real motto is 'be kind, be brave, be polite'. In the end, it is character that is going to make you a happy person and hopefully fulfilled in what you do – it is not whether you get 17 A* GCSE grades.

Your mum, Margaret, died of early onset dementia. How did you deal with that?

By the time Mum was diagnosed I was living 200 miles away from home in London, so it was my dad and younger brother and sister who bore the brunt of it. They had to deal with the everyday horror of seeing Mum change – being aggressive, trying to run away, not knowing them. All that horrible stuff that comes with the disease. My dad, bless him, always said to us, 'There's

no way Mum would want you to put your life on hold.' He had to take early retirement to help her. That's why I am so keen to support charities that support carers, because actually they are having a hellish time. Mum was 61 when she died, and I was 33.

That's young to lose your mother.

I'm very angry about the whole thing. I thought it was desperately unfair and a pretty rotten deck of cards for her to have been dealt. And it was horrible for the rest of us but, as I say, at least I'd had her fully *compos mentis* when I was living at home. She was still okay when I started working as a reporter. She saw me do stuff and was really proud. She was very ill by the time I had Natasha, but those maternal instincts are always the last to go, so she was always lovely with her. She never met Eleanor, and that made me very sad.

How do you remember your mum now?

I talk to my girls about her as much as I can, and show them photos of her looking good and full of beans and being clever and all the things that she was. And I tell them as many stories as I can about what she did because they don't have any sense of her at all, really.

What makes you happy?

I'm always happy as long as I know that we're going sailing at some point! We have a boat on The Solent. John grew up sailing – it was something he absolutely adored. I had never been on a sailing holiday until I met him, and, luckily, I love it too. I love the freedom of saying, 'Where shall we go today?' There really is a sense of achievement when you arrive somewhere. □

Embracing her age, pink wine by the bucket-load (and other reasons we're keen on Katie!)

★ Suggesting I have an exercise routine may be a bit optimistic! I go through fads... Probably the one I've liked most is yoga, which I do regularly. Strictly was amazing because it didn't feel like you were forcing yourself to exercise, and I'd like to keep it up in some way. John has offered to take dance lessons, so

I should hold him to that.

★ I'm quite busy and my metabolism is quite fast, but I just have lucky genes. I don't weigh myself regularly – it fluctuates a bit between nine and 10 stone. I have to be careful because I have two girls. I don't want them to hear me saying 'I'm feeling really fat today'.

★ I make a lot of casseroles, spaghetti Bolognese and stir fries, and roast chicken dinners on Sundays. I love steak and chips – and pink wine! I could drink that by the bucket-load. And I do!

★ I don't wear a lot of make-up at home. I normally cover my bags when I go out and put

a bit of lipstick on. I've recently been introduced to Charlotte Tilbury's Wonderglow – you pop it on top of your foundation and it makes you look dewy skinned and about 25. I try to go for a facial every six weeks – I love that sort of indulgence.

★ I'm not at all judgemental about

people who have cosmetic work done, because I really understand how depressing it can be when you look at yourself in the mirror and think, 'Ouf!' I suppose the great aim is to age gracefully, isn't it? Looking your age is fine, and looking good for your age is the best any of us can really hope for.

*'We're quite
obsessed with
REALITY TV.
I'm afraid I'm
really into the
Kardashians'*

REBECCA FRONT

A woman with short brown hair, identified as Rebecca Front, is sitting on a bright green tufted sofa. She is wearing a dark blue sleeveless dress and bright pink strappy high-heeled sandals. She is looking upwards and to the right with a slight smile. The background is a light blue wall with decorative molding.

SHOES *off, TV on...* *and* RELAX

Kick back, indulge in a favourite hobby, get organised or simply take a deep breath and exhale... We all have different ways to take time out. Four well-known women share their tips for taking it easy and reveal how they like to let go

Watching box sets with her husband and enjoying time with her children help Rebecca Front escape the pressures of making other people laugh

Really, I should have more tips on how to relax, as I'm quite prone to panic attacks and that sort of stuff. I've had cognitive behavioural therapy, which has taught me some tricks.

For me, the best tip – and the simplest – is distraction. You can so easily start to obsess about whatever is worrying you, so I always have a few apps on my phone or a book that will challenge my brain a bit. That way, if I feel I'm starting to get stressed, I can think, 'Right, I'll just do this now instead'.

I get quite attached to the characters I play – I was thrilled when we got to make a second season of the Radio 4 show *Love In Recovery*. It's a special series, with wonderfully real, flawed characters. But the minute I get in the car at the end of the day, I'm sitting there thinking, 'Okay, only another 20 minutes to go before I can get home, take my shoes off and be with my family'.

We always eat dinner in the kitchen so we can sit around and talk about what's been going on, and we've always enjoyed watching TV and box sets. On Friday nights, when my kids, Tilly and Oliver, were younger, we would sit and watch a film. It's a fantastic feeling when you see them getting drawn into something you love. My husband, Phil, and I are nuts about *West Wing*, and we've gradually got my son into that as well. And they both loved Hitchcock's *Rear Window*, one of my favourites.

I'm very pleased that my kids have their own friends, but if I had my way they would be at home every night with us! They're teenagers now, with their own tastes, and they've introduced me to new things, too. Tilly is quite obsessed with reality TV, so I'm afraid I'm really into the Kardashians. At first I thought, 'Why are these people letting themselves be filmed?' but now I love it. It's just completely relaxing – my head switches off totally.

IN A NUTSHELL...

I relax with brain teasers, box sets and the Kardashians!

I'm VERY good at going BACK to BED

Veteran comedian Jenny Eclair gets nervous when she's on tour – and that's when she takes a power nap to calm her nerves

Doing little is the best way of relaxing, I find. I'm very good at going back to bed! I'm on tour with my show

How To Be A Middle Aged Woman (Without Going Insane), and you've got to keep yourself well. If I'm very stressed, I stop everything and the only thing I can do is go to bed. I go into semi-hibernation mode and find it very easy to nap at any time of day. If I'm scared about doing something that night, I can go to bed all afternoon, but the average nap is an hour.

I don't have problems going to sleep at night because I drink wine after a gig. I find two large glasses will normally knock me back out again! But as the tour goes on, there is less napping because I'm not scared any more.

I care greatly about what happens on stage. There are lots of things that aren't really within your control when you're up there – like who turns up, and how many people – so I get nervous about those things as well.

It's not all about sleeping – at home I go through phases when I will swim three times a week and do Pilates once a week. I used to do yoga but it got too competitive! There are some classes near me where, if you're not 33 and very bendy, then you're not very welcome. I used to do advanced Ashtanga, which was very hardcore, and I was in the best shape I've ever been in.

Knitting is another hobby, although I can

only knit squares. I can't go round corners. But I'm not very interested in learning and I hate being told what to do. I knit squares for blankets and I can do the Andalusian stitch, which is quite fancy. I've asked my mother for a tapestry set as a present. That will either end in tears with something being flushed down the loo, or it will be really good for me.

The only other thing I would like is a dog. I would like a dachshund, but I'm not at home often enough and the old man won't walk one. I'm very sad about that because I think it would be the best thing for me! So I've knitted myself one. That's the only thing I've knitted apart from a blanket. The knitted dachshund appears in my stage show.

IN A NUTSHELL...

For me, it's about napping, exercise and knitting!

Purils of wisdom:
'My husband won't let me have a dog, so I knitted myself one,' says Jenny



'I like EMPTYING my KITCHEN CUPBOARDS and giving them a GOOD SORT'

LESLEY MANVILLE



Well ordered: 'I don't function very well if there's mess and chaos,' says Lesley

Late-night cocktails are a treat for Lesley Manville when she comes off stage, but at home, there is nothing better than decluttering

When I'm doing a play, I don't get to bed until 1 or 2am. I certainly need a vodka cocktail or a glass of wine afterwards! The time-scale of your day completely moves.

At the moment I am in Long Day's Journey Into Night with Jeremy Irons. We are at the Bristol Old Vic, which is a new place for me to discover as I live in London. I have found a yoga class to do once a week just to keep bendy, which is a good thing to do. Jeremy has dogs, so he spends his days walking across the Somerset hills.

I've never been one for nightclubs – I prefer to go to the cinema if I am free, or to have dinner with a small group of friends. Obviously I love

the theatre, so it's a thrill that I am going to be presenting the Olivier Awards at the Royal Opera House in April.

My routine varies, depending on whether I am working or not. When I am working in London then I will spend any spare time pottering around at home. I really enjoy my home. I can get a lot out of thinking, 'I can rearrange this or that, or I am going to take that white linen and do something else with it'. That's how I relax because I don't get to spend a lot of time at home. I'm not a great gardener, although I do enjoy it. I've got quite a low maintenance garden, but I like that.

One of my hobbies is collecting antique cups and saucers. I like to take

them off the shelves and clean them. I find that very therapeutic with a bit of Aretha Franklin or Etta James in the background. I really enjoy it because it's different from what I normally do.

I think the point with relaxing is that it's whatever gets you through the night. I like emptying out my kitchen cupboards and giving them a good sort, and giving things away as well. I like things to be tidy. I don't function very well if there's mess and chaos. My son is grown up but he lives with me and we had a damned good clear-out recently. We took a great bundle of stuff to a charity shop. It was great, and so cathartic. I felt cleansed afterwards.

IN A NUTSHELL...

Keeping my body and my home in shape does it for me.

THE OLIVIER AWARDS 2016 WITH MASTERCARD IS ON SUNDAY 3 APRIL AT THE ROYAL OPERA HOUSE. WITH HIGHLIGHTS BROADCAST ON ITV THAT EVENING

'A good deep BODY MASSAGE is absolute HEAVEN'

A lifelong love of gentle exercise and good deep breaths has helped actress Francesca Annis learn some quick tricks to de-stress

My life in London is very busy, so I love escaping to fresh air and big open spaces. We film *Home Fires* for ITV in Chester, which is small in comparison – everything's within walking distance. It's mostly women in the cast with a sprinkling of men, and at the end of the day we all go back to the same hotel and the pub. We're busy on set, but going out in the evening together is wonderful and very relaxing.

Back in London, where everyone is rushing around, I have quick fixes to help me when I'm stressed or fatigued. I tell myself to relax my shoulders, which always makes them drop a good inch and a half, and breathe deeply. When people get stressed they don't breathe properly, which makes them feel worse.

I've been doing yoga for about 25 years, but you can't stand on your head every time you need to relax! The trick I'll do anywhere is to lie with my legs up against the wall at right angles. I would champion it for anyone. I'll do that when I'm talking to friends on the phone or watching TV.

I've always enjoyed exercise – it keeps you from seizing up. I did ballet when I was very young, and I go to keep fit workouts and jazz dance classes. There are so many marvellous classes that it's easy to find something fun that you like to do. I also like walking in clean country air – I go abroad and walk for two or three days. I go into a bit of a zen state where I let all my thoughts go and totally relax. And I love to be on my bike – there is just something so nice about travelling at that pace.

I really like to exercise my legs because I'm used to dancing, but our poor feet, by and large, get so neglected. When I've been running around and feel like they are asking me for a treat, I'll soak them in hot water with salts or go to a Chinese herbalist. They massage them and do reflexology and that is so relaxing. I'm a bit of a puritan: I think no pain, no gain, so if you can give me a good, deep body massage, that's absolute heaven.

IN A NUTSHELL...

Relaxation is simple: just breathe deeply, keep moving and look after your feet! ❑

AS TOLD TO: JESSICA CALLAN AND NATASHA LAVENDER PHOTOGRAPHY: GRANT SAINSBURY/CONTOUR BY GETTY, JAY BROOKS/CAMERA PRESS, MARTIN POPE/TELEGRAPH. HOME FIRES RETURNS TO ITV THIS APRIL



On the move:
'There are so many marvellous classes, it's easy to find something you like to do,' says Francesca

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*It's taken over 60 years
to look this good!*
Helen Mirren.

Grown-up BEST FRIENDS

Of course we love the friends we made at school, but as life goes on there are other times and opportunities to make magical new connections that transform our lives...

PHOTOGRAPHY
KATIE WILSON
INTERVIEWS
ELLA DOVE



'Izzy was the friendliest person in the room'
SARAH

'She's understated and incredibly efficient - like calm waters'
IZZY



*'We have loyalty,
shared values...
and a naughty
sense of humour'*
LORRAINE

*'The main thing
I've learnt from
her is to stay
positive, even
during the
darkest time'*
LISA

We don't even notice the age gap

There's a 12-year difference between Lisa De Rosa and Lorraine Kimber – but they have so much else in common

Lorraine says...

I met Lisa at our local tennis club two years ago. I'd only just joined, and I spotted her immediately. She was full of life, making everyone roar with laughter. I remember thinking, 'I'd like to be friends with her'.

When we were introduced, the first thing Lisa did was smell me. She liked my Jo Malone perfume, and we bonded over beauty products and banter. Soon, she was marching up to anyone in the club who'd listen, telling them all to have a sniff of me – and sure enough, they did! I couldn't help but warm to her directness. I'm someone who always says what they think, so it was like meeting a kindred spirit.

I'm 12 years older than Lisa, and we lead very different day-to-day lives. She runs her own hairdressing business and has three small children, while I was an air hostess for 14 years and am now – as she calls me – a lady of leisure.

When you make friends as adults, I don't think age matters at all. Lisa and I have loyalty, shared values and, of course, our naughty sense of humour. Often we know exactly what the other is thinking – it's spooky how alike we are. The only time I remember that she's younger than me is when we go on holiday together – she wants to start the night at 11pm, but that's when I'm ready for bed!

I can't imagine life without Lisa's calmness, optimism and twinkling sense of fun. Every day, I try to be a bit more like her. I've found the friend I always wanted.

Lisa says...

To me, outlook on life is far more important than age. Lorraine and I get on because we tend to look at things in a happy way, to find the fun in life. When we're together, we hardly ever stop laughing – our husbands call us double trouble!

The main thing I've learnt from Lorraine is to stay positive, even in the darkest times. When my dad died three years ago, she helped me through with kindness and wisdom. She'd lost her own father to cancer, too, so she knew exactly what I was going through.

I call her Lush, because she smells lovely, dresses beautifully, and always has a smile on her face. We can chat for hours about the smallest of things. I could tell her anything and I know she wouldn't ever pass judgement.



Lisa (left) with Lorraine: 'We tend to find the fun in life'



Izzy (right) with Sarah: 'Our friendship goes far beyond the charity'

Izzy says...

For 30 years, my dad volunteered with Contact The Elderly. Once a month, he'd drive lonely older guests to a tea party, where they'd chat and meet people. As a little girl, I remember thinking it sounded like great fun.

When my dad died 10 years ago, I decided to follow in his footsteps and get involved. A group had just been set up in my local area so I went to the first meeting. When we had to find a new co-ordinator at short notice, one quiet, assured lady put her hand up to volunteer. She said her name was Sarah.

Sarah and I quickly became close, bonding over a shared desire to support older people in our community. In many ways, we're opposites. I'm a social butterfly who's always out and about, whereas she's understated and incredibly efficient, like calm waters. She's taught me the value of getting things done, and

finding solutions without fuss or flapping.

There are times when volunteering is tough. We often form strong attachments to the elderly people, and when they die, it can feel like you're losing a member of your family. When one lady I'd known for eight years passed away, I found it very difficult to cope, but Sarah understood what I was going through. Her

We bonded because we both wanted to help others

After losing her father, Isabella Wise wanted to continue his charitable legacy. By signing up to volunteer, she found not only a worthwhile cause but Sarah Reavley, her new best friend

unwavering support is invaluable.

Nine years on, my friendship with Sarah goes far beyond the charity. I rely on her advice and soothing presence in all aspects of my life. I know she'll always be there, loyal to the last. She's the kindest person I know.

Sarah says...

The main thing I remember about meeting Izzy is that she was the friendliest person in the room. I arrived at my first charity meeting unsure of what to expect. I hadn't lived in the area long, and didn't really know anyone. But when Izzy greeted me, full of smiles, I knew I was in safe hands.

Initially, I joined the charity to meet people in my local community and help out once a month. Yet somehow, I volunteered as co-ordinator. I'm that person who puts their hand up and then lies awake at night worrying about how I'll cope, but Izzy was fantastic. When drivers couldn't make it, she roped in her husband. When tea party hosts dropped out, she offered her house. I knew I could count on her.

Early on in our friendship, my husband became seriously ill. Although I didn't know Izzy well at that point, she was one of the first to turn up at my house, armed with biscuits and a big bunch of flowers. These days, we have each other on speed dial.

Izzy's warmth, generosity and abounding willingness to help set an inspiring example. She's shown me that in life, you've always got a bit more to give. You just have to dig a little deeper.

SARAH WEARS JACKET: MINT VELVET; TOP: MARC CAIN; JEANS: TAI FUN; IZZY WEARS TOP: PHASE EIGHT; JEANS: LK BENNETT; NECKLACE: FOLLI FOLLIE; LISA WEARS TOP: MARC CAIN; JEANS: PHASE EIGHT; LORRAINE WEARS JACKET: HUGO BOSS AT ZALANDO; TOP: REISS; SKIRT: MINT VELVET; VASES: IKEA.COM

Jacquie (left) with Becky: 'When she suggested we write a song, I was delighted'

felt quite daunted. Here I was, a 6ft-tall woman with an apparent inability to pick up dance steps, in a village hall full of ladies brazenly shaking and shimmying.

Becky, the instructor, stood at the front of the room. The first thing I noticed was that we were a similar height – unusual when you're tall. She waved me over, and her friendly, reassuring manner instantly made me feel at ease. I knew we were going to get on.

As the weeks progressed, Becky and I discovered we had a lot more in common, including a shared love of music. In my spare time I'm a singer songwriter, so when Becky suggested that we write a Zumba-themed song to perform at her annual Christmas party, I was delighted.

We had a lot of fun singing about bingo wings and wobbly bits, and the performance was a huge success. We really bonded and realised that our voices worked extremely well together. Fast-forward six years, and we've done numerous gigs as a duo and released two albums, donating the proceeds to charity.

Becky and I speak every day, and she's always there to listen and offer advice. Before I met her, I tended to worry a lot about what people thought, but Becky has taught me to relax and let go. Now, we have a promising music career, and I'm no longer afraid to be who I am. My life has completely changed for the better – all because I went for a drink with the teacher!

Becky says...

When a new person joins a class, they're often a bit nervous, so I have to build up a fun, trusting environment. If someone's going the wrong way, it doesn't matter – it's just about having a good time.

When Jacquie came in giggling, I knew that I wouldn't need to worry. She soon got into the swing of things.

I've always been interested in music, and as a teenager took part in amateur musical theatre. After I'd married and had children, I thought I'd missed the boat when it came to performing... Then Jacquie came along.

I thought I wouldn't be good enough to sing with Jacquie, but she's encouraged me to believe in myself. Now I've written several songs for our albums, something I never thought I'd have the confidence to do. To pick my passion back up again at this stage in my life is fantastic. I have Jacquie to thank for that. □

'She taught me to relax and let go'
JACQUIE

'When Jacquie came in giggling, I knew I didn't have to worry'
BECKY

We're both 6ft tall – I knew we'd get on!

When Jacquie Sherlock decided to try Zumba classes for her health, she didn't expect the bonus of meeting her best friend, Becky Browning

Jacquie says...

When I was 16, I was diagnosed with a heart condition. It's manageable, but I've suffered from palpitations for most of my life. Around six years ago, my doctor told me I should try to up my exercise to keep my heart strong and my weight down. So I decided to give Zumba a go.

The first time I went to the class, I

INTERVIEWS: ELLA DOVE; HAIR AND MAKE-UP: CAROLINE PIASECKI AND LINDSEY POOLE; JACQUIE WEARS TOP: PHASE EIGHT; JEANS, MARKS & SPENCER; EARRINGS, ACCHA; SANDALS, MODA IN PELLE; BECKY WEARS TOP, SOMERSET BY ALICE TEMPERLEY AT JOHN LEWIS; TROUSERS, PHASE EIGHT; SHOES, MARKS & SPENCER



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A woman with short, wavy brown hair is shown in profile, looking down and to the left. She is wearing a sleeveless, knee-length dress with a yellow and white abstract pattern. The dress has a fitted bodice and a flared skirt. The background is a textured wall with yellow and white paint splatters. The text "MAKE AN UNDERSTATEMENT" is overlaid in the center in a white, serif font.

MAKE AN
UNDERSTATEMENT

HOBBS
LONDON

Let's hear it for Kate...

OUR NEW ROYAL PHOTOGRAPHER

Prince George and Princess Charlotte's major milestones are no longer being recorded by official photographers, but by their mother, the Duchess of Cambridge

There's been a dramatic shift in the way the country's youngest Royals are being captured on camera. We're being treated to intimate, family snaps – the kind any of us would have in our own photograph albums. And these pictures haven't been brought to us by an esteemed photographer or anonymous paparazzo. The woman so often behind the lens is the children's mother, Kate, and her maternal pride shines through every image.



While the lives of the Royals are still documented with formal family photographs, increasingly we're being allowed to watch these children grow up through natural, intimate portraits taken at home. The result is a telling insight into the dynamic of this very modern Royal family.

Kate's interest in photography stems from her student days, when she studied it as part of her history of art degree at the University of St Andrews. She went on to take pictures as part of her role in the Middleton family business, Party Pieces. And since becoming a member of the Royal family, it seems she has developed an interest that is keener still. During a trip to Borneo in 2012, as part of the South Pacific Royal Tour, Kate took some magnificent photographs. And, according to photographers, Kate's portraits of her children reveal a genuine talent. GH cover photographer John Swannell, who has captured four generations of Royals on film, shares his thoughts on Kate's candid photo album.



I think Kate has a natural eye. Prince George and Princess Charlotte will feel relaxed around their mother. It means she can capture that bit of magic professional photography can't match – like the way Charlotte is looking straight into the camera.

Dressing the children in white is clever, too. It's neutral, so it doesn't distract from the children, who are the focus of the picture.

PHOTOGRAPHER JOHN SWANNELL



Photographing babies is very difficult. It's about waiting for that perfect moment. Kate's managed to catch Charlotte's personality, and it's the kind of picture every mother would love.

**PHOTOGRAPHER
JOHN SWANNELL**



BELOW Prince William spent his childhood in the constant glare of the media



LEFT Prince William, pictured here with Charles, Diana and Prince Harry, has moved away from the official photographs of his childhood



I've got photos of my children on their first day of school and they are so special. This picture captures the essence of that first-day feeling. George doesn't look apprehensive, but grown-up and confident.

PHOTOGRAPHER JOHN SWANNELL



WHY HAS KATE TAKEN THE LEAD?

It's a savvy move, says Ingrid Seward, editor-in-chief of Majesty magazine...

The Royals have always been keen photographers, and it's nice for the Duchess to be able to take pictures of her children. But these photos are also about control: the Duke and Duchess want to be in control of their children's exposure to the press. On William's first day at school, there were 150 photographers

there and the photos could be syndicated and published all over the world. In contrast, the only pictures of George's first day at nursery are two shots taken by Kate. It's a savvy move on the part of the palace – as the photographer, Kate, retains the copyright, so the media need to obtain permission if they wish to publish the pictures.

I'm in no doubt that these changes have been brought about by William as part of Diana's legacy. We sometimes forget how strongly he must still feel about his mother's death. He is determined that nothing like that will ever happen again.

We may not get the same variety of photos, but it's better for the children this way. □

FEATURE: NIKKI OSMAN. PHOTOGRAPHY: HRH THE DUCHESS OF CAMBRIDGE, 2015: CAMERA PRESS/SNOWDON, GETTY; THE QUEEN'S SPEECH: AN INTIMATE PORTRAIT OF THE QUEEN IN HER OWN WORDS BY INGRID SEWARD (SIMON & SCHUSTER) IS AVAILABLE NOW

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Risk

(noun) – the possibility of something bad happening at some time in the future; a situation that could be dangerous or have a bad result (Oxford English Dictionary)

Do you grab life's every opportunity? Would you take a leap into the unknown even if your finances and future happiness were at stake? Writer Sam Baker, who left a high-flying job in midlife to set up her own business, explores what it really means to feel the fear and do it anyway...

As I write this, it is almost three years since I made the decision to leave my job running a successful women's magazine with no next-rung-on-the-ladder to climb on to. At the time it felt risky, to say the least.

Well paid, glamorous, and often fun, my 25 years in magazines had allowed me to travel, wear unfeasibly high heels and spend time with interesting people. And I was at the point in my career that I'd worked so hard to reach.

But my job was far from perfect. It was, predictably, less glamorous than it looked. The shoes felt increasingly crippling, the people less interesting, and I had a suspicion that there was a different life for me beyond the corner office I'd once coveted. Armed with an idea for a new business, I decided, at the age of 45, to pack up my desk and take a leap into the unknown.

So why did I do it? I'm as interested as you are to know the answer to that question. As a child I was sensible, infuriatingly so. I was too terrified of heights to climb things, too fearful of falling off to master riding a bike and I never did take a gap year because, you know, anything could happen.

But by my early 20s, an imperceptible shift had taken place. Despite living pay-cheque to pay-cheque, when I found myself working for a man I clashed with, one Friday lunchtime I picked up my bag, cashed my latest cheque and hid away for three days.

Then, just over 10 years later, I chose to leave another safe job to write my first novel. I was heading out into the cold with no guarantee of



Sam Baker, the former Editor of Red magazine, found emotional bravery just as unsettling as risk-taking

[CONTINUED FROM PREVIOUS PAGE]

success. It turned out okay. Perhaps it's a combination of these experiences that shaped my decision to jump ship once again. I wasn't exactly what you'd call risk averse, but I was no Joan of Arc, either.

In the weeks after I resigned, I felt dogged by this terror that it was all going to go catastrophically wrong. 'What's the worst thing that can happen?' my brother asked. 'Your business could tank and in a year you'll have to go and get another job. That wouldn't be the end of the world, would it?'

He was right. Embarrassing, it would be. Humiliating, for sure. But the end of the world? No. In fact, no matter how dramatic and debilitating the worst-case scenario, I don't doubt that the 'what-if' factor of not taking the risk would have haunted me far longer. As the ever-wise author Cheryl

'I wasn't exactly risk averse, but I was no Joan of Arc, either'

Strayed once said, 'I'll never know, and neither will you, of the life you don't choose'.

It's a theme that drives the character of Helen in my novel, *The Woman Who Ran*. A war photographer, she takes physical risks by putting herself in life-endangering situations.

Of course, risk-taking doesn't have to be based on some dramatic, life-changing decision. Emotional bravery can be just as unsettling – be it speaking your mind to your boss, telling your husband you're not happy about something in your relationship or talking honestly with your children. To paraphrase Strayed, you just have to be 'brave enough' to do the thing that will make a difference to you.

I'm not going to tell you it isn't terrifying, because it is. It was, the day I handed in my notice. It was, the first day I woke up with nowhere to go and no pay cheque to bank on. And it has been, day after day, since; raising investment, recruiting and training a team, going live for the first time and letting the world see *The Pool* (the-pool.com), the mobile site for women that was the fruit of over two years' labour. And on many many days, it still is. But beyond that fear is a sense of achievement that nobody can ever take from me: the knowledge that I never have to wonder 'What if?' again. □

Butterfly or tiger?

WHAT KIND OF RISK-TAKER ARE YOU?

'How you approach risk says a lot about who you are as a person and how you experience life,' says Jo Emerson, author of online course Five Steps To Lasting Confidence. 'While a healthy approach to risk can help you move forward, a cautious approach could be hindering you from reaching your full potential.' Take the quiz and find out...

Your children have flown the nest, giving you the opportunity to downsize and live mortgage free. Do you...

- A)** Sign up to Rightmove straightaway
- B)** Call a financial advisor to work out the money
- C)** Ask the kids what they think you should do
- D)** Feel nostalgic and stay where you are

You've been asked to take on a major new project at work, which would involve you learning a whole new set of skills. Do you...

- A)** Say yes and worry later
- B)** Negotiate with your boss over their expectations
- C)** Ask your boss if you can have some support from your colleagues
- D)** Say no way... you have too much on your plate

Your best friend has just had the all-clear from a two-year battle with breast cancer and she's asked you to run a marathon with her to fundraise. Do you...

- A)** Say yes straightaway – you only live once!
- B)** Agree and draw up a monthly training plan
- C)** Suggest you start with a 5 or 10k race instead
- D)** Admit that you're not a natural runner but offer to cheer her on

You've just been told your job is being considered for

redundancy. Do you...

- A)** Start planning the small business you've always wanted to launch
- B)** Call an employment lawyer
- C)** Ask your partner for advice
- D)** Cry over your colleagues with panic and despair

Your travel operator tries to offer you an alternative holiday because of political unrest in the region you've booked. Do you...

- A)** Accept gladly – this way the money won't be wasted
- B)** Insist on a detailed description and quality guarantees
- C)** Put the decision to your partner – if your family is happy, you're happy
- D)** Book a trip in the UK. It's probably safer to stay on home turf anyway

MOSTLY A THE BUTTERFLY

goes with the flow
You see risk and change as opportunities for adventure and growth; trusting that everything will work out in the end. When taking major, life-changing risks, take a look around before committing, but never stop spreading those wings.

Greatest risk asset
A can-do attitude.

MOSTLY B THE TIGER

looks before she leaps

You are one of life's visionaries – you will take a calculated risk but only after considering the implications. Once convinced, you will make change happen. Others will also have trust in your decision because they'll know you've taken time to make it.

Greatest risk asset
Seeing the big picture.

MOSTLY C THE DOLPHIN

considers the values of the group
One of life's carers, you'll take a risk but only after you've canvassed opinion. Start trusting your own inner wisdom and develop your assertiveness. There's a big difference between unhealthy co-dependency and healthy interdependence.

Greatest risk asset
Listening to others.

MOSTLY D THE DEER

a cautious character who seeks safety
You're the first to admit you feel daunted by the unknown. But when you do make a change, you make sure the process is as smooth as possible. Life is constantly changing, and embracing this from time to time could leave you happier in the long run.

Greatest risk asset
Your attention to detail.

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No matter how long ago it happened... the truth must come out

Through harrowing tales of historic sex abuse, and revelations about high-profile figures such as Jimmy Savile and Rolf Harris, we have mourned for stolen childhoods and shattered lives. But some who have never experienced such things may have quietly asked: after so many years, why not let sleeping dogs lie? Sue Crocombe wants to answer that question. Her story doesn't make for easy reading, but she wants you to hear it and understand...

I am a wife and the mother of two grown-up children. I live in Dorset and have a fulfilling job as an intensive care nurse. My me-time is spent watching programmes like *Doc Martin*, or walking and cycling. I am also a survivor of child sex abuse.

It has taken me a long time to be able to say that. For much of my life, I put a lid on what happened to me during my childhood, believing that it was my fault. I hoped I could keep my secret forever, but experience has taught me that isn't possible. I feel my story needs to be heard.

My childhood was turbulent. My father was not around much, and my mother was unloving. I couldn't do anything right in her eyes. My mother's brother visited often and he became like a parent to me. My earliest memory is of lying in my cot at



Sue: 'I've gained some freedom from the secrets that held a power over me'



The blue dress that came to symbolise how Sue has reclaimed her childhood

'I began to bury the secret deeper inside me'

night when I was about four. I had eczema and, to stop me from scratching, my mother would tie my wrists to the bars. I remember my uncle coming into my room to see me. He'd say "it" was a game, that "it" would make my itchy skin feel better, and when he'd finished he'd untie my wrists and sing me to sleep. He made me feel loved and wanted.

There were treats, too. He'd take me on shopping trips and to the zoo. Once he had a shiny blue dress made especially for me. But the rewards went hand-in-hand with the abuse.

Had someone asked me what was happening when I was young enough to let it slip out, then they may have been able to put a stop to it, but nobody ever did. As I got older, I started feeling ashamed of what was going on, and there was a creeping suspicion that it was all my fault. I began to bury the secret deeper and deeper inside me.

By the time I was 11, he was introducing me to his friends – sharing me with them in return for

[CONTINUED FROM PREVIOUS PAGE] money. They told me my uncle had debts and that if I didn't help him pay them, he would have to move away. I couldn't bear the thought of losing this man who'd come to mean so much to me, so I went along with it.

Just before my 13th birthday, I had a miscarriage. I didn't understand what was going on, and even now it's a blur. I hid the evidence in a bin. The authorities tried to find out about the father, and I lied about having a boyfriend. But my mother never asked. I think my uncle knew the truth. I think he got frightened that he would be found out, as that was when the abuse finally stopped for good. He never came near me again – not even to our house. Although it may sound shocking, I missed him. Instead of hating him for what he had done to me, he represented love and affection. Without him I felt abandoned.

I tried to put my uncle out of my mind and, after doing well in my O levels, I got a job at my local hospital, pushing a trolley around the wards selling sweets and magazines. I enjoyed it so much that, when I turned 18, I applied to train as a nurse. I moved into a house with some of the other girls on my course and one of them introduced me to Christianity. I believe it helped me survive and gave me a fresh start. I also met my husband and we fell in love. We married when I was 22 and had two children.

I'd thought I could lock my feelings away, but becoming a mother triggered a wave of emotions that knocked me sideways. I felt angry as I began to have flashbacks to my own childhood. I really wanted to be a good mother, but I felt like I couldn't. It was only then that I sought help from my local church. One of the women there was incredibly sensitive and asked the question nobody had ever asked before: had anything happened to me in my childhood?

I was floored. Disclosing my secret after all these years was an incredible relief. Later, I went home to tell my husband. He felt angry on my behalf and powerless to help me, but he did his best to support me. I hoped I could finally close the door on my past and move on with my life.

For many years I did just that. I raised my children and built a successful career in nursing. But over the years, the trust I felt towards my husband morphed into something different altogether. I became dependent on him to the point of being needy. It put a lot of pressure on our marriage and I began to worry I might lose him, so I decided to seek help.

I started seeing a psychosexual counsellor – a woman who was trained to help people like me. I started, slowly at first, to unburden my deeply buried secret. Talking about things I'd hidden from the world for so long was incredibly difficult. But with time it became a form of catharsis. Though I was in my 50s, I still saw what happened to me from a child's perspective. She helped me see that I'd been groomed, that I had nothing to feel guilty about and, crucially, that it wasn't my fault. I also got in touch with the support group CIS'ters (Childhood Incest

'I'd thought I could lock it away, but becoming a mother triggered a wave of feelings that knocked me sideways'

TIP OF THE ICEBERG

Recent headlines have concentrated on sex abuse cases involving household names. But two-thirds of abuse takes place within the family or close circle, according to a recent report by the Children's Commissioner for England. The study also found that only one in eight victims got the professional help they needed to overcome their experiences. Commissioner Anne Longfield recommended all schools should teach children about healthy and safe relationships. 'Child sexual abuse casts a long shadow, and for many the impact can last a lifetime,' she says.

Survivors). Talking with other women who had similar stories to tell helped me see that I wasn't the only one who'd been suffering in silence all these years.

Being a survivor of child sex abuse is still a taboo subject. When I told a work colleague that I'd been a victim, she asked why I'd never told anyone. It was as if she was blaming me for keeping quiet. It's the reason I speak out now. I want to shine a light on the shame, the self-blame and the fear you feel as a child who's convinced that nobody will believe your secret.

As disturbing as they are to read about, I believe the Jimmy Savile case and others have actually helped survivors. Today, we cannot be ignored, disbelieved or swept under the carpet. Our stories have shattered a corrosive myth: that you feel better once you've grown up. Abuse simply wasn't talked about when I was little. Now that it is, we must teach our children basic body safety, and let teachers and carers ask the difficult questions.

Two years ago, I joined Twitter, under the name @shinybluedress. It refers to a picture of me as a child, dressed in the beautiful satin gift from my uncle. It is my statement to the world that I am reclaiming my childhood innocence. Through social media, I've found other survivors. Ours is a network that could never have existed before – nobody would have admitted what had happened to them.

Some survivors are looking for justice. Not me. My abuser is dead. When I heard the news, I was so grief-stricken that I wept, and the strength of my reaction left me feeling sick – how could I possibly mourn someone who had treated me like that?

But now, with the help of my therapist, I have a deeper understanding of what happened to me, and I've gained some freedom from the secrets that, for so long, held a power over me. I'm not totally fixed, but I'm learning not to let my issues rule my life. And after so many years of silence, it's an incredible relief. □

*** Anyone who has been a victim of child sex abuse and wants support can contact the NAPAC helpline on 0808 801 0331.**



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GOOD LIFE

THIS MONTH WITH *Marian Keyes*

We're inviting the writer's fans to a special event where she'll chat about her new book (see below!), and here's what else she's looking forward to



Start me up: head down memory lane with Jagger and Co

ART

EXHIBITIONISM: THE ROLLING STONES

The Saatchi Gallery, London

The gallery is holding the UK's first major exhibition of Rolling Stones memorabilia. What a career they've had! It's amazing that it's been 50 years and they're still relevant without feeling like they're trying too hard. People will be queuing up to get into this one.

BOOK

ELIGIBLE BY CURTIS SITTENFELD

I'm so excited to read this modern-day version of *Pride And Prejudice*. I'm one of the only people I know who isn't a massive Jane Austen fan, but Curtis Sittenfeld is brilliant. She's very honest about relationships and the unspoken stuff that goes on between people. She's a very good student of human nature, and this will be great.

EVENT

GH MEETS MARIAN KEYES

On 12 April I'll be joining GH at 1 Wimpole Street, London, from 6.30pm to 9pm, to chat about my book, *Making It Up As I Go Along...* Come! It's a new mix of pieces to have beside your bed to dip in and out of. The aim is to put a smile on people's faces. For tickets (£25 each) and more details, visit goodhousekeeping.co.uk/an-evening-with-marian-keyes.

TV

HOME FIRES

The second series of ITV's drama sees Samantha Bond return as the fierce leader of a local WI during the Second World War. As the fighting continues, the women pull together to get through their own tragedies. It's humbling to think what people went through - they were incredibly brave.

OLIVIER AWARDS

This is the Oscars of the theatre world! The buzz created by awards ceremonies is lovely, and watching the red carpet outfits is always fascinating. ITV is showing a special programme with all the highlights, so you get to see the best bits.

MUSIC

ELLIE GOULDING

Delirium UK tour

I'm very pro Ellie Goulding. I didn't know her stuff until I saw her on the final of *Strictly Come Dancing*. I thought she was a great singer, but she also clapped the dancers, which showed me that she has beautiful manners.



Pixie Lott stars as Holly Golightly

THEATRE

BREAKFAST AT TIFFANY'S

UK tour

Pixie Lott plays Holly Golightly in this musical adaptation of Truman Capote's classic. I saw her on *Strictly*, and she's an amazing dancer. The book is a favourite of mine - it's not a simple love story, there's a real darkness to it.

SUNSET BOULEVARD

London Coliseum

I loved the film, which is about an ageing actress who refuses to accept that her career has ended. It's very dark! And I love Glenn Close, who is reprising the lead role of delusional Norma Desmond, a part she won a Tony Award for in the Nineties. It's very uplifting to see that there are still good roles for older actresses.



Take two: Nia Vardalos and John Corbett

FILM

MY BIG FAT GREEK WEDDING 2

If you saw the first film, you'll remember lovable Toula and her big, eccentric Greek family. The sequel finds Toula trying to raise her daughter with a sense of her heritage, as her parents get some surprise news about their own marriage. I go to the cinema a lot and I'm fairly open about what I watch. If it's made with warmth and the characters are likeable, I'm happy to give anything a go. ■



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MOTION & EMOTION



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Ice lollies for breakfast, girly weekends and being sent to school without knickers...



Carol with her then eight-year-old daughter, Flynn

The unexpected joys of a single-parent family

She brought up her little girl single-handedly after the break-up of her marriage, and now writer Carol Sarler finds history is repeating itself. As her daughter, Flynn, ends a relationship and begins life as a single parent, Carol sends her this provocative open letter, arguing that there are worse things than having to go it alone...

Dearest Flynn,

I am so sorry. Sorry that he's gone from your life, sorry that you're hurting, sorry that history has repeated itself. It was so many long years ago that I found myself alone with you, my lovely little girl, and without a clue what the future might hold. And now, here you are, alone with your own lovely little girl and, I wouldn't be surprised, scared half to death by what insuperable problems may lie ahead.

The advance publicity doesn't help. The ignorant conservative view of the single mother is that we are all ne'er-do-well Vicky Pollards; the patronising liberal view is that we are all victims. And you really don't want to be either, do you? So perhaps I may offer you a sneak preview of my own – and let you into a secret shared by my similarly placed friends: you may yet discover, as most of us have, that the pros of single motherhood can far outweigh the cons.

Single motherhood is often more fun, more satisfying and – astonishingly, you probably think now – actually easier.

You will, of course, be poorer than you would otherwise have been. My friend Sue

sniffs that she didn't miss a man ('especially that man!'), but she did miss a man's wallet. Men earn more than we do – especially when we are mothers – and, regrettably, rare is the ex whose generosity runs beyond the absolute minimum extracted by court or State.

In my case, as you know, this amounted to nothing at all: your father scarpered to the other side of the world, after which there was nary so much as the cost of a Winter coat for your four-year-old back.

Still, we managed. I was self-employed, which gave you a head start in learning feast from famine. Younger than most children, for whom finance is a matter for parental whispers, you knew what 'can't afford' meant – and, to your credit, you accepted it. Remember how you used to open my purse and say, 'Mum, we haven't got any money – shall I go to the cash point?' And I'd reply, 'Well, okay, but only a tenner this week...' and there was no argument.

Remember, too, when my boat briefly came in in the form of a gaily wrapped Christmas gift that was a surprise ticket for New Year in New York? Just us, and 13(!) popcorn-spattered, new-release movies in

[CONTINUED FROM PREVIOUS PAGE]
as many days. Find me a man who'd call that a holiday!

Less exotic days were always open to spontaneity. All those Saturdays when we'd take the bus to the Jewish deli to buy a big bag of gefilte fish, then walk around Camden Market chomping away on them. We called that lunch. My friend Jane recalls Sunday mornings with her two children in her bed, where they'd talk and laugh for merry hours while licking ice lollies. They called that breakfast.

Both of our exes would have called those 'meals' disgraceful. It isn't children who expect meat and two veg on a table at coordinated times, it's men – family men who were brought up to expect it. Only when free of the expectations of family men – many of them quite reasonable expectations – do you become aware of how much effort goes into meeting them. A man will likely think that, when he comes home, you should listen to the woes of his day; a man who is not coming home, by contrast, leaves you free for extra homework, extra cuddles or extra Strictly. Whatever you and your little girl need most.

Family men expect, as they rightly should, a say in the raising of their children. But if your child is still up and hyper at midnight, while Daddy is insisting that children go to bed when they're ready and you think she should have gone down at 7.30, you're living in perpetually exhausting diplomatic negotiations. By yourself, you'll make mistakes – millions, if I'm any model – but at least they're your mistakes to make and mend.

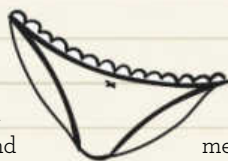
Other people have fewer expectations, too: it may not be right, but allowances are made for single mothers that are not made for the good wife and mother, who is meant to keep a clean house, a groomed family and knock up dinner for 12. To this day, you have not forgiven me for the morning I rushed you off to primary school without knickers; the school, however, understood our haphazard life and just found it funny.

As for the practicalities, once you've

accepted that you're doing absolutely everything, you realise it is, oddly, less stressful than cross-checking diaries, agreeing that he'll pick up from the childminder today... and then worrying all day whether he'll remember.

Although it's still all quite recent, I notice already a new confidence in your relationship with your daughter. She was always a mummy's girl, but now that you are not the peace-keeper, now that she cannot play off you and Daddy against each other and now that neither of you is competing for attention – there are no gooseberries in twosomes – I see the first shoots of the special closeness unique to single mothers and their children. (But be warned: you will never like her boyfriends and she won't like yours. Resentment of intruders works both ways; remember how you boasted that you could see off any boyfriend of mine – and did?)

'To this day,
you've never
forgiven me
for sending
you to school
without
knickers'



Yes, you say, but what about my daughter needing men in her life? Don't worry too much. For a while, she may miss Daddy at home, just as you missed yours, but she will see him every few weeks. Security comes in many shapes. Without a daddy trying to fulfil every male function, you can pick and mix. We spent time with men who were boisterous, men who were creative and men who were wise. Even your father would admit that he did not possess all of these qualities in equal measure.

I know that you did not bring your situation upon yourself. I know that, at the moment, you're not much in the mood for being cheered. But give it time and you'll see: raising a child alone is a completely different job from running a traditional family. It's more fulfilling, it's less arduous – and, as Spring topples into Summer, I'm betting that you find your glass is more than half-full of sunshine, after all.

Mum xx

'JUST MUM AND ME – AND I WOULDN'T CHANGE A THING'

She grew up without a father around, but Flynn Sarler's childhood was a joy. Now, she's hoping for a household just as happy for her own little girl

'As opposed to what? That's what I wonder when people ask what it was like growing up in a single-parent family (and they do). No one would dream of asking my best friend what it was like being raised by her mother, father and live-in grandmother. Yet neither of us had anything with which to compare.

Put simply, it was wonderful. There was me, Mum and the universe, interspersed with the occasional cat, dog, fish, even a bird that lasted a weekend (think cat). From my earliest years we talked about everything and anything: what to eat each night (it wasn't just shoved on the table), the news (no matter how dull), what to do in our spare time (bake bread or go to a market). Conversation in the house was between the two of us or there was no conversation – and we both loved to gab.

We globe-trotted as Mum fulfilled assignments in her second job writing travel brochures. Most of her spare time was spent on me – I didn't have to compete with a sibling or husband. We became friends faster and firmer than most of my friends did with their parents (not that there was confusion as to who was boss).

Naturally, there were negatives: watching her struggle financially and emotionally was never fun; a nine-year-old cannot be a shoulder to cry on for an adult, no matter how close (not that I was expected to be one). The constant fear that if anything happened I would be all alone made me clingy (a few of her boyfriends can testify to that). But all I hope for my little girl is that when she looks back on her childhood, it's with the same big smile I do.'

*** Got an experience to share about single-parent families? Email us at goodh.mail@hearst.co.uk**



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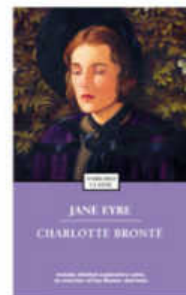
How to be a heroine

From Jane Eyre to Bridget Jones, some characters find a special place in our hearts. On the 200th anniversary of her birth, we celebrate Charlotte Brontë's most famous heroine, and those who followed...

1847

Jane Eyre... a feminist before the word was invented

Charlotte Brontë's best-known work was recently voted the most popular novel of all time. It tells the tale of orphan Jane's abusive childhood and how she eventually finds love with the brooding Mr Rochester. This prototype feminist never lets herself be dominated by a man.



▲ Charlotte Brontë explored women's roles in Victorian England

1868

Jo March... broke the rules and followed her heart

Little Women was the original young adult book, long before the genre was established. Of the four March sisters, we love Jo for her bravery, spirit and for knowing her own mind. She refuses to marry the wealthy boy-next-door Laurie, instead heading to New York to be a writer. Rebellious and forthright, the way Jo lives her life is a lesson in breaking with convention and following your heart.



▲ Jo March: independent

1936

Scarlett O'Hara... the ultimate survivor

Gone With The Wind sold a million copies when it was first published, and inspired one of the best-loved films of all time. Margaret Mitchell's epic has it all: love, drama, tragedy - and sparked one of the greatest film lines ever: 'Frankly, my dear, I don't give a damn.' Headstrong Scarlett isn't always likeable, but she's a survivor, and her rebellious nature and directness are refreshing.



▲ Scarlett O'Hara: rebel

1960

Scout Finch... from gutsy girl to feisty woman

A six year old might seem an odd narrator for a book like To Kill A Mockingbird, which tackles racial inequality. But Harper Lee's Scout is gutsy enough to challenge the adults around her and stand her ground. In Go Set A Watchman, the recently uncovered sequel to Mockingbird, Scout is an adult - and the woman she's grown into is every bit as feisty and funny as we hoped she'd be.



▲ Bridget Jones: girl next door

1996

Bridget Jones... because we all have big knickers days

Single 30-something Bridget Jones may be ditsy and prone to pratfalls, but there's so much more to her than this. Author Helen Fielding created a character who fizzles with life - taking on 'smug marrieds', chasing commitment-phobic men and doing it all in really big knickers. But most of all we love her because she is completely, endearingly honest about herself - failings and all.

▲ In the original version of *Gone With The Wind*, the main character's name was Pansy, and titles considered for the novel itself included *Tomorrow Is Another Day*, *Bugles Sang True* and *Not In Our Stars*.

1997

Hermione Granger... for outsmarting everyone else

Over the seven Harry Potter books, we witnessed Hermione grow into a courageous, clever and compassionate witch - one who could not only hold her own among the boys, but outsmart them, too. We love Hermione, and her creator JK Rowling, for teaching generations of girls never to apologise for who they are, or be embarrassed for wanting to succeed.



▲ In a forthcoming theatre production of *Harry Potter And The Cursed Child*, Hermione will be played by black actress Noma Dumezweni. Her casting has caused debate, but JK Rowling is delighted with it.

2008

Katniss Everdeen... queen of the new young heroines

The rise in popularity of young adult books has brought with it a sisterhood of spirited women. The queen among them is bow-and-arrow-toting Katniss. From the opening book in Suzanne Collins' Hunger Games trilogy, when Katniss steps forward to take her sister's place in a violent battle, she shows courage and grit. She's as strong as her male counterparts - but unlike them, remains humble.



▲ Jojo Moyes came up with the plot of *Me Before You* after hearing a news story about a young man who persuaded his parents to take him to Dignitas following a rugby accident. She has recently written the screenplay for the film version, which arrives in cinemas this June.

2012/2015

Lou Clark... for telling us to never give up

When we first meet Lou in Jojo Moyes' *Me Before You*, she's a bit of a mouse. Then she begins working as a carer to quadriplegic Will and finds her inner gutsiness. In last year's sequel, *After You*, she's just as big-hearted and funny, but it's her ability to remain hopeful and find joy, even in difficult times, that has made millions of readers fall hard for her. We could all learn something from that! ■



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Celia Imrie

'I pretend I'm 26 and make the most of every chance!'

Funny, cheeky and – by her own admission – no goody two-shoes, Celia Imrie talks about grabbing every opportunity in life, starting with this year's new Ab Fab film...

I'm for ever feeling starstruck. Both the Absolutely Fabulous film and the new Bridget Jones film are out this year. I'm thrilled to be in the company of people like Jennifer Saunders, Joanna Lumley and Renée Zellweger. It's so wonderful to be part of both those gangs, and I'm always glad to be asked back.

Actors are very generous to one other. We make prats of ourselves in front of each other all the time. It means there's a comradeship there that makes it hard to say goodbye when a project is over. I recently had the good fortune of meeting Colin Farrell and learnt that he never says goodbye at the end of a job. Instead, he says, 'See you down the road.' I love that.

You have to be a little bit cheeky. We're taught to have a kind of reticence in our upbringing but, in the acting world especially, you have to be bold. Ambition can be a dirty word, but I sometimes wish I'd been more ambitious earlier in my life. I'll never play roles like Juliet now, and that makes me sad, so I'm grabbing every chance. I sort of love not knowing what will happen next, and I've got my sleeves rolled up for any eventuality.

Happiness is very transitory. It's not something you can go in pursuit of but it's lovely if you can take a second to realise that you're happy before you move on to the next thing. When I was in India filming The Second Best Exotic Marigold Hotel I'd take a moment every day to think 'this is wonderful'.



Life is an adventure for Celia Imrie

“I love not knowing what will happen next”

It's so important to cherish your friends. I have friends going back such a long way and they're the people who can say to me 'Celia, you shouldn't do that'. That sort of frankness is truly invaluable. But it's also crucial to have a laugh, and a friend who can make you laugh is priceless.

I think our bodies are amazing. Our hearts are beating and our blood is pumping and we're not even trying. It does make me cross that I can't run as fast as I used to, but as you get older you can't go on in quite the same way. You just have to respect your body and take a bit more care. That said,

I'm no goody two-shoes and I hope I'll be remembered for being good fun.

For the record

Celia is best loved for her roles in TV's Dinnerladies and Acorn Antiques, and films such as Bridget Jones's Diary, Calender Girls and The Best Exotic Marigold Hotel. She appears in the Absolutely Fabulous film, out this Summer.

★

Her son, Angus, appears as her on-screen son in Kingdom.

★

After her first novel, Not Quite Nice, she's gone on to write another, Nice Work (If You Can Get It), which is out this month.

I dare myself to take on new challenges. I like to pretend I'm 26. I know I'm not, of course, but I think when it comes to ageing, it's all in your spirit. None of us knows what's going to happen around the corner, so it's important to make the most of the time we have. It's the reason, when someone suggested to me that I write a novel, I heard myself saying, 'Why not?'

The south of France is my heaven on earth.

I was canny enough to set both my novels in Nice, and it's such a joy to be able to go and work out of my apartment there. I write in the morning and when I look out of my window at the bright blue sky, it's so beautiful that I thank God I'm able to witness it. In the afternoons I often take myself off on a jaunt to gather little details for my novels. It's such a wonderful combined adventure. □



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ON MY BEDSIDE TABLE

Meera Syal



We know her from Goodness Gracious Me and The Kumars At No 42, but Meera Syal is also

the author of three novels, including her latest, The House Of Hidden Mothers. Here are five books she's read recently and loved.

◆ I picked the first book in the Shardlake series up at the airport and got absolutely hooked. **CJ SANSOM** has created these terrific thrillers set in the Middle Ages featuring a hunchback detective. They're genuinely surprising and fantastic page-turners.

The latest in the series is **LAMENTATION**.

◆ **ATUL GAWANDE** is a leading American neurosurgeon, and his

BEING MORTAL asks some big questions. We spend so much to extend people's lives, but what about the quality of them? When you have elderly parents, as I do, it really makes you think.

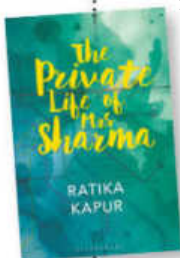
◆ I haven't quite finished **THE PRIVATE LIFE OF MRS SHARMA** but I'm enjoying it so much. **RATIKA KAPUR**

really broke some taboos with this novel set in Delhi, about a married woman who starts an affair. Her writing is understated,

poignant and she has a lovely comic touch.

◆ Lots of the parents I know recommended that I read **THE PRICE OF PRIVILEGE**. It's by **MADLINE LEVINE**, a child psychologist who noticed that there was a big rise in psychological problems in teenagers from richer families. I think it's an important book – I got a lot out of it.

◆ A new **SARAH WATERS** novel is a treat – I love everything she's done. **THE PAYING GUESTS** is about a woman who has to take in a couple as lodgers and her growing obsession with the wife.



Good Housekeeping's HOT READS



◆ Former Blue Peter presenter, **Janet Ellis**, has written her first novel, and it's terrific.

Set in Georgian London, **The Butcher's Hook** is a delightfully dangerous tale about a heroine prepared to do whatever it takes to get what she wants.

◆ **Freya** follows a female friendship over 20 years, from a first meeting on VE Day to university, when their bond is

threatened by a love triangle, to the 1960s. Masterful storytelling from **Anthony Quinn**.

◆ Such a talented writer as **Margaret Forster** deserves more recognition for the way she lays bare the hidden stories behind seemingly ordinary, unexceptional lives.

In **How To Measure A Cow**, a woman with a shocking secret tries to reinvent herself in a small Cumbrian town.

Book of the month

The huge success of *Girl With A Pearl Earring* made **TRACY CHEVALIER** a household name. And her latest novel, **AT THE EDGE OF**

THE ORCHARD, looks likely to send her soaring again. In this moving story, a pioneering family try to eke out a living from an apple orchard in 19th-century Ohio. The second half picks up 15 years later, when the younger son leaves home to travel further west – and discovers just how far he has to go to escape his roots. A stunning read with rich descriptions of the swampy landscape and well-drawn, credible characters.



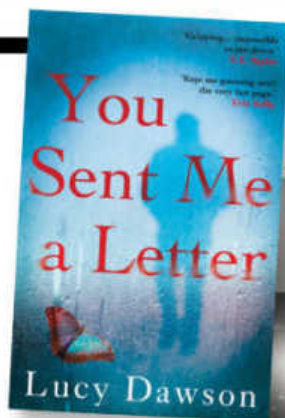
Bookshelf

continued from previous page

THRILLERS OF THE MONTH

◆ On the morning of her 40th birthday, Sophie is given a letter by an intruder and told not to open it until her party that evening. From there, her life turns into a living nightmare in the nail-biting **YOU SENT ME A LETTER**, by **LUCY DAWSON**.

◆ **EILEEN** is the story of a young woman who works in a correctional facility for boys, and whose oddness marks her out as an outsider. This debut from **OTTESSA MOSHFEGH** is unsettling but riveting, with a shocking mid-story twist that will leave you reeling.



Best non fiction

◆ **LOVE LIKE SALT** by **HELEN STEVENSON** is a touching memoir about motherhood and illness that teaches powerful lessons about resilience and finding joy where you can.



GH LOVES... We must confess to a bit of an infatuation with Times columnist **CAITLIN MORAN** – her writing is just so smart, funny and spot-on. **MORANIFESTO** is a collection of her whip-sharp words on everything from affordable housing to cystitis.



Also out THIS MONTH

◆ Best known as Diary Of A London Call Girl blogger Belle De Jour, **BROOKE MAGNANTI** has written her first thriller. **THE TURNING TIDE** combines political drama with a page-turning crime novel.

◆ **GRAHAM SWIFT** is back with **MOTHERING SUNDAY**, about an illicit relationship between a maid and the son of a well-to-do family in the 1920s.

Compelling and beautifully written.

◆ The tension builds almost unbearably in **BEHIND CLOSED DOORS** by **BA PARIS**, a thriller about a woman plotting to escape her controlling husband.

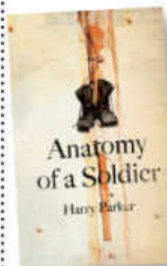
◆ The last descendant of the Brontës follows clues left by her father to find a secret estate in **THE MADWOMAN UPSTAIRS**. This literary mystery from

CATHERINE LOWELL is playful and enjoyable.

◆ In **LOVER** by **ANNA RAVERAT**, a woman takes a hard look at her marriage after she finds incriminating emails on her husband's computer.

◆ **THE OTHER MRS WALKER** is about a woman charged with finding the families of dead people who died alone. This first novel from **MARY PAULSON-ELLIS** is perfectly paced.

ONES TO WATCH



◆ **ANATOMY OF A SOLDIER** is a book about war like no other: the story of a British captain's horrific bomb injury and slow rehabilitation is narrated by the inanimate objects surrounding the central characters. This remarkable debut by **HARRY PARKER** is both

vivid and heart-piercing.

◆ A woman invites her father's illegitimate daughter into her life with devastating consequences in **LOOK AT ME** by **SARAH DUGUID**. A slender book but its astute observations about family means it packs a punch.



Good Housekeeping* READER RECOMMENDED

Look out for the Reader Recommended logo on books read and loved by a panel of GH readers. Here are three they enjoyed this month:



◆ **MISSING, PRESUMED** by **Susie Steiner** 'I soon realised this wasn't an ordinary crime novel – it was totally unpredictable, and I didn't see the twist coming at the end.'

◆ **NELLY DEAN**

by **Alison Case** 'This retelling of Wuthering Heights from the housekeeper's point of view was very enjoyable. Although I knew the story well, it was utterly gripping.'



◆ **FIRE DAMAGE** by **Kate Medina** 'Highly recommended. It was packed with twists and turns that kept you thinking about the characters and where the plot was going.' □

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How successful COUPLES manage their MONEY

Do you see eye-to-eye on finances with your other half or are you poles apart? Money is one of the major reasons why couples fight, but follow our expert guide and you'll discover it really doesn't have to be that way...



1 CHALLENGE

ONE OF YOU IS IN CHARGE OF THE FINANCES

In around 60% of couples, one person rules the roost when it comes to money, according to SavvyWoman.co.uk. And only a third of women say it's them who sort out the pair's long-term finances, compared with two-thirds of men. When couples first live together, they negotiate over who does what, from DIY to buying birthday gifts. If one of the things you've opted out of is sorting out joint finances, it's time to take back control! Why? Because what you do with your money together will affect the finances of each of you. It's especially important as you get older, as women tend to outlive men and can often be plunged in at the financial deep end.

ACTION PLAN

- **STEP 1** Work out what's putting you off getting involved. Maybe you feel it's too complex or boring? Don't worry: it doesn't have to be complicated and, while it may not set your pulse racing, it's empowering.
- **STEP 2** If you're not a natural financial whizz, take small steps to improve your money confidence. Check bank statements regularly and, if you have a smartphone, download your bank's app so you have easy access to your money. Also, shop around for a better deal on your credit card or savings (or start saving, if you haven't already). Ask a money-savvy friend to go over your finances with you over a glass of wine.
- **STEP 3** Talk to your partner about how to split financial tasks. Use a budgeting app (such as Monefy or Money Dashboard) or a spreadsheet – something you can both access. Put a date in the diary to talk through money issues weekly, once a month, or quarterly.

2 CHALLENGE

YOU'RE SPENDING TOO MUCH

If you're dipping into the joint account for treats or running up debts, it's time to rein in that habit. Your debt doesn't just affect you,

it also impacts on your partner and his credit rating if you have joint loans or accounts.

ACTION PLAN

- **STEP 1** Note down everything you spend for a month. You don't need to use a special app – the notepad facility on your phone or a piece of paper will do fine. You might be surprised by what it all mounts up to.
- **STEP 2** Own up to your spending. It may not be easy to do, especially if you've seriously overspent, but it's better than trying to hide it from your partner.
- **STEP 3** Find ways to cut your spending. It may be that you impose a 48-hour cooling-off period on purchases or that you work out how long it takes you to earn enough to pay for your latest impulse buy. If you're in serious debt, help is at hand. Citizens Advice has a debt phonenumber on 0300 330 1313.

3 CHALLENGE

HE'S A SCROOGE (OR SPENDS TOO FREELY)

It's rare that a couple have exactly the same ideas about how to spend and save. Most of us inherit our spending behaviour from our parents – research by the Money Advice Service found adult money habits are set by the age of seven. It doesn't necessarily follow that the saver is mean or that the spendthrift is happily irresponsible. Some people feel insecure if they don't have a lot of savings behind them, while others feel something's wrong with the world if they have money they're not spending.

ACTION PLAN

- **STEP 1** Try not to put emotional values on your partner's behaviour if it's different from your own (eg thinking he's irresponsible or mean). However, it's another matter if he is getting into debt or refuses to spend his money, so you have to spend more of yours.
- **STEP 2** When you talk about money, try not to use judgemental language. Instead, keep to the facts and explain what his spending habits have

meant for the joint finances or your own. Psychotherapist Christine Webber recommends each taking it in turn and talking for five minutes – with the other person listening without interrupting.

- **STEP 3** If your differing money styles are causing serious arguments, don't let it drive a wedge between you. Call in a neutral third party, such as a financial adviser (try unbiased.co.uk), to help you create a plan you both agree on.

4 CHALLENGE

THERE'S A GAP BETWEEN YOUR SALARIES

If you have separate accounts, you'll probably have to negotiate how much each of you pays towards expenses. If there's a significant difference between your earnings, you may need to come to an agreement to pay an amount proportionate to your salaries. Sometimes, the person earning the most money will want the bigger say over the finances, but living together or being married isn't the same as having a shareholding in a company! You're equal partners – or should be – and that includes how you spend your money.

ACTION PLAN

- **STEP 1** Discuss what you each think is a fair split – and why. Experts say it's best to sit at a table for money talks, rather than on the sofa, as it will help you focus.
- **STEP 2** Be aware what splitting things equally could mean. If you have joint savings, the law will assume you own them equally, even if you pay in different amounts. The same applies if you own property jointly – unless you have a legal agreement stating how much each of you owns.
- **STEP 3** If your partner insists on splitting household bills 50:50, even though you earn less, point out what it means for your finances and how he'd feel if the situation was reversed. Being able to compromise in this area is important.



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5 CHALLENGE

YOU WANT A JOINT ACCOUNT, HE DOESN'T

Joint accounts used to be the norm for couples, but these days only a third of married and cohabiting couples have one. It simplifies paying household bills, but it's not without its disadvantages. For a start, you're jointly liable for any debt, such as an overdraft, so if your partner can't or won't pay, the bank could come after you for the lot. A system of 'yours, mine, ours' works best for many couples, with a shared pot for household expenses and separate accounts for personal spending.

ACTION PLAN

► **STEP 1** Don't have a joint current account (or a joint loan) if one of you has a bad credit history. If either of you wants to apply for credit (which can include anything from a credit card to a mobile phone contract), the lender can look at both your credit files before it decides whether or not you're a responsible borrower.

► **STEP 2** Before you set up a joint bank account, make sure you've agreed the ground rules, and you know exactly what you're taking on. Is it for household necessities only or for things such as meals out as well? Do you want an overdraft facility? The terms and conditions on joint accounts vary from bank

to bank, particularly in relation to what happens if you want to close or freeze a joint account. Check your bank's approach (and get details in writing) before you open one. You can download a leaflet called *You And Your Joint Account* at bba.org.uk.

► **STEP 3** Take an interest after you have opened it. Your name is on the agreement, so you should check the statements.

6 CHALLENGE

YOUR PARTNER KEEPS HIS FINANCES SECRET

When one partner keeps their financial life from the other, the consequences can be serious – possibly devastating. Research by the Money Advice Service found that a quarter of married couples said their partner would be angry, upset or surprised if they knew the true state of their finances. It also found that 30% of people had been in a relationship with someone who they later found was in serious debt, while almost 20% had also hidden debts from their partner.

ACTION PLAN

► **STEP 1** Try to understand why your partner might be unwilling to be open. Could it be because he thinks you'll judge the way he manages his money or that he feels guilty that he's in debt?

► **STEP 2** If your partner has managed to open up about money problems, don't punish him for being honest. Once you know what you're dealing with, work out together the next steps to take.

► **STEP 3** If you need further support, contact a free, impartial debt advice service. Find a list at moneyadviceservice.org.uk.

7 CHALLENGE

TRUSTING A NEW PARTNER

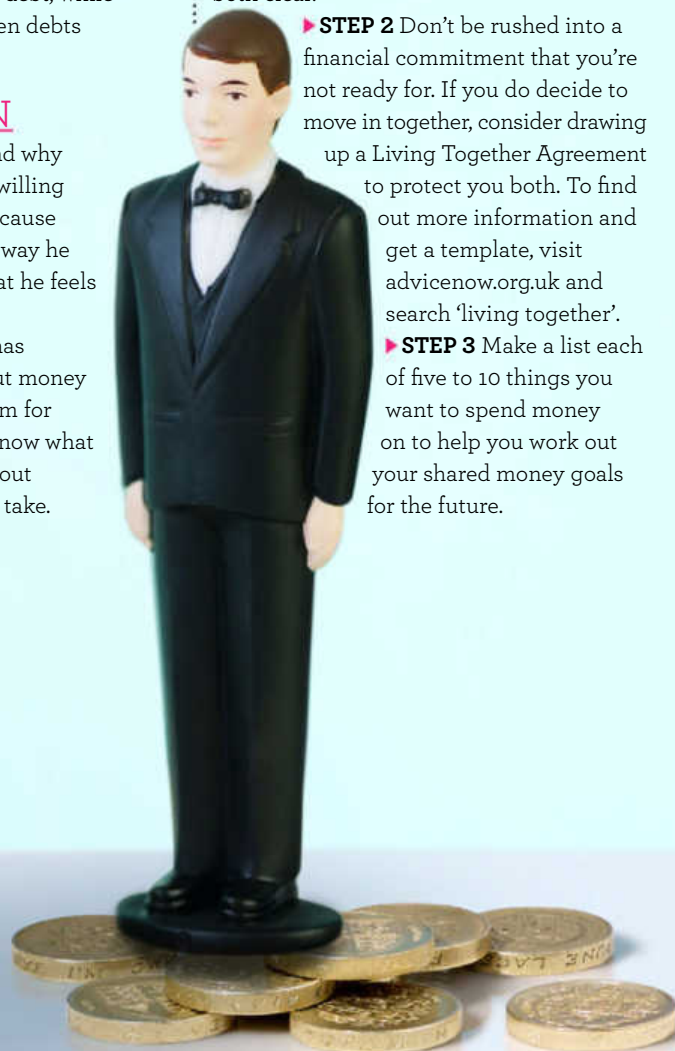
Moving on financially after divorce can be hard. This is especially true if your break-up was acrimonious or you ended up paying off your ex-partner's debts. Whether your ex was great at managing money or a nightmare, you might find it hard to adjust to a new partner's ways – or having learnt financial independence the hard way, be reluctant to share control again.

ACTION PLAN

► **STEP 1** Be as open as you can about your finances – it will reduce the opportunity for misunderstanding. Talk through your separate financial commitments so you're both clear.

► **STEP 2** Don't be rushed into a financial commitment that you're not ready for. If you do decide to move in together, consider drawing up a Living Together Agreement to protect you both. To find out more information and get a template, visit advicenow.org.uk and search 'living together'.

► **STEP 3** Make a list each of five to 10 things you want to spend money on to help you work out your shared money goals for the future.



For RICHER or POORER?

Can we ever have row-free financial dialogue with our nearest and dearest? Of course, says relationship coach Susan Quilliam, but not by focusing on spreadsheets...

The love of money may – or may not – be the root of all evil. But when it comes to love itself, money certainly is the root of a huge proportion of arguments. It's the meaning of money that fuels most rows. Is a 'spender' partner simply careless – or unreliable and selfish? Is a 'saver' being sensible – or uptight and overcontrolling? Crucially, if one side earns more (or less), are they more (or less) valuable as a person and a partner? Dig below the surface of fraught money matters and you'll find a deep seam of anxiety and frustration.

The first step to harmonious financial relations is the ability to spot early when tempers are rising, then calm ourselves while offering an olive branch to our partner. After which – a foundation of calm laid – should come a trio of communication strategies: clarity, equality, positivity.

Clarity doesn't just mean being clear about the implications of a bank balance, but also being honest with each other about deeper thoughts and feelings. One useful exercise is to complete the following sentence: 'I learnt from... (a past influence, such as a

parent) that... (a life lesson, such as 'poverty is disaster'), and so I should... (a financial commandment, such as invest half your income). Repeat this sentence 10 or so times, filling the gaps in different ways until you each start to see your own patterns. Once you've done that, compare, contrast and appreciate.

By **equality**, I mean the belief that both partners are similarly committed to making good money decisions, even allowing for the differences outlined above concerning belief, or if one of us is far less financially savvy than the other. It's

very easy – particularly when resources are stretched and anxiety is rising – for one person to enforce a solution, then wonder why their partner doesn't stick to the master plan.

Finally, by **positivity**, I'm referring to that range of helpful, supportive strategies we normally use in our everyday partnership life, but which often disappear when faced with a stern red-headlined bill. Rather than blame (you bought that computer...) or defend (well, you bought

“When discussing finances, staying calm is crucial”

that suit'), try using appreciation ('it's great you're thinking of ways to cut back') and co-operation ('yes, we will have to cancel that meal out').

If the arguments continue, ask for help, from Relate for example. After all, we wouldn't flinch from consulting a financial adviser – so why hold back from consulting an emotional one? ☐





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A leg up the housing ladder

Buying a first home can be a struggle for younger people, but help is at hand...

Getting on the property ladder is no easy feat these days: a first-time buyer needs to earn at least £41,000 before they can get a foothold, according to accountancy firm KPMG*. And when the average house price is £168,104, compared with £26,680 just 30 years ago, today's would-be homeowners face more trying times than their parents' generation. Whatever your views on helping adult children to buy a first home, the good news is that there are an increasing number of other sources of help out there for them...

❖ STARTER HOMES

First-time buyers aged under 40 can get a minimum 20% discount on the market price of some new homes, thanks to the Starter Homes scheme. The maximum cost of a home will be £250,000 outside London and £450,000 inside London. It's launching soon, so register interest at new-homes.co.uk/starter-homes.

❖ HELP TO BUY

This Government-backed scheme enables new buyers to get a home with a deposit of just 5%. There are two strands to Help to Buy - equity loans and mortgage guarantees.

With equity loans, savers can borrow 20% of the

purchase price of a home, interest free for the first five years and at low interest rates thereafter, with just a 5% deposit. They borrow the rest from a traditional mortgage lender. The scheme is only available on new builds and there are different

property value limits depending on location. It's available until 2021. London Help to Buy, which launched in February, offers home buyers in the capital the chance to borrow up to 40% interest-free for five years.

Mortgage guarantees are Government-backed mortgages: borrowers are still responsible for making payments as normal, but the Government backing encourages lenders to loan money to small deposit holders (5% minimum). Unlike equity loans, mortgage guarantees are accepted on old and new properties (up to the value of £600,000) and existing homeowners are eligible, too.



Good news for first-time buyers

❖ HELP TO BUY ISA

Like a conventional cash ISA, interest is tax free and the Government also tops up savings by 25%. You can save £200 a month. There's a £3,000 cap on how much the Government will pay savers, which in effect means they can save up to £12,000 in the Help to Buy ISA and end up with a £15,000 pot towards a house deposit.

❖ SHARED OWNERSHIP

Would-be homeowners buy a share, between 25-75%, of their home, and pay reduced rent on the rest. The scheme isn't exclusively for new builds, but these make up the majority of shared ownership properties.

❖ RIGHT TO BUY

The scheme is available to those who have rented from their local council or housing association for at least three years (these don't have to be consecutive). Tenants are given the opportunity to buy their home with a discount of up to £77,900, or £103,900 in London. (The Scottish government is closing its Right to Buy scheme in August.) Go to the ownyourhome.gov.uk website for more information.

THIS CLEANING TIP REALLY WORKS!

It's everyone's least favourite task - but burnt pans can be cleaned easily. Allow the pan to cool, then fill with water and add a dishwasher tablet or 1tbsp biological washing powder. (Biological detergent has enzymes that specifically tackle food-based stains.) Put the pan back on the hob and bring to the boil. Leave to simmer for around 10 minutes and the burnt bits will lift away. Repeat as necessary, then wash thoroughly as normal. You can also use this method for hob-safe roasting tins, too.

*BASED ON 10% DEPOSIT AND LOAN-TO-INCOME RATIO OF 4.5



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Can this gadget really help you LOSE WEIGHT?

Another day, another weight-loss gadget that promises to work magic! Smart food scales claim to help you shed pounds by calculating the nutritional content of everything you eat, including the number of calories, but how accurate are they? The GHI experts weighed up the pros and cons of six nutritional scales.

WINNER + BUDGET BUY

George Home Digital Nutritional Scale

■ £10

A good all-rounder that offers value for money. The scale has a large database of foods, including drinks and some branded products. Scored top marks for accurately calculating the nutritional information of test products.

STOCKIST:
directasda.com

89/100

RUNNER UP

Beurer DS 61 Nutritional Analysis Scale

■ £49.99

With its wide catalogue of foods, this scale covers everything from apple sauce to tzatziki dip. The scale did a great job at working out the dietary details for dairy, carbs and fruit, but struggled when we tested it with meat.

STOCKIST: beurer.com

77/100

BUT WILL IT HELP SHIFT THE POUNDS?

The short answer from GH nutritionist Anita Bean is yes – if you do what they say! ‘These scales are incredibly handy for tracking your calorie and nutrient intake and helping you eat more healthily,’ she says. ‘If you’re trying to lose weight, use them to check that you’re not exceeding your calorie allowance.’ For full results, see goodhousekeeping.co.uk.



Number cruncher:
calculate what's
in your food



Counting calories?
Smart scales can
keep you on track

No more excuses!

Sick of the groaning drawers full of stuff you never use and piles of paperwork on the kitchen table? Spring is the perfect time to tidy. And now there's National Clear Your Clutter Day on 19 March. Financial expert and MoneyMagpie.com founder Jasmine Birtles says the aim is to get the whole nation recycling or chucking out rubbish, and selling what they no longer need. Here's her advice to help you restore order expertly:

❖ MAKE IT POSITIVE

Treat decluttering as gaining space rather than getting rid of things. Then you're more likely to throw out things you don't need.

❖ DO ONE BIT AT A TIME

If you do too much, you're likely to get overwhelmed. Instead, do it drawer by drawer and cupboard by cupboard. Motivate yourself by doing the easiest room first.

❖ ASK FOR A HAND

Get a friend or family member involved to make it more enjoyable. If you're a hoarder, choose someone with a clear head who's more likely to throw things away.

❖ USE THE FOUR BOX RULE

Get four boxes, marked Throw Away, Charity Shop, Sell and Recycle, to sort out what you're getting rid of.

❖ GET RID OF ONE ITEM A DAY

Break it down. Put something online one day and drop items off at the charity shop another. Get into the habit of it and before you know it, everything will be sorted!

For flowers that really deliver

Having flowers delivered regularly is now officially A Thing! And you don't even need to be at home to receive them. Bloom & Wild (bloomandwild.com) delivers beautiful bunches in sturdy, breathable packaging that fits through a standard letterbox. Prices start at £20, including postage, and it also offers weekly, fortnightly or monthly subscription services. Order by 2pm for next-day delivery.

Freddie's Flowers (freddiesflowers.com) offers regular deliveries for £20 a pop (plus £2.50 for those outside the M25) and you can cancel or skip one at any point. Live in London? Petalon (petalon.co.uk) delivers weekly flowers by bike. Choose from two seasonal bouquets, £28 each, including delivery (or £45 for a bigger bunch). For a gift, Letterbox Flower Cards' (letterboxflowercards.co.uk) personalised cards come with a pretty posy of flowers. Prices start at £13.50, with free Royal Mail delivery within 1-2 working days.



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blooms fresh
to your door

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CONTOURS of your bedroom”*



{ Henley in stone }

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created with you

Clean WINNERS!



Washing, rinsing, spinning and drying – how hard can it be to find machines that do all these jobs well, and save time and energy? The GHI team tested mountains of sheets, shirts and special stain strips, plus a stack of water and electricity meters, to find out.

ONE TO WATCH: One of the areas of real innovation at the moment is intelligent dosing – where the washing machine judges the amount of detergent needed by load weight, fabric type and soiling – reducing waste and saving you money.



Banish wash-day blues with our tips and pick of the best new machines

WASHING MACHINE WINNER

23 TESTED



Siemens iQ700 WM14Y89IGB/37

■ £945; appliance-world.co.uk

Features: 8kg capacity, A+++ energy rating, 1,400 rpm spin. Intelligent dosing system. ♦ Excellent stain removal results ♦ Low electricity and water consumption ♦ Easy to program ♦ Large, bright screen, with clear program setting and time display.

90/100

WASHER/ DRYER WINNER

13 TESTED



Miele WT2796

■ £1,299; johnlewis.com

Features: 6kg capacity, A energy rating, 1,600 rpm spin. ♦ Great stain removal results on both separate wash and combination ♦ Low electricity consumption ♦ Quiet ♦ LCD display is clear ♦ Used a lot of water in its separate cotton wash and dry programs.

92/100

WASHING MACHINE RUNNER-UP



Samsung WF70F5EoW4W

■ £374; johnlewis.com

Features: 7kg capacity, A+++ energy rating, 1,400 rpm spin. ♦ Very good stain removal ♦ Easy to use ♦ Water consumption reasonable but, despite energy rating, quite high electricity use ♦ Cotton programs are long.

86/100

TUMBLE DRYER WINNER

25 TESTED



Bosch WTY86790GB

■ £649; appliancecity.co.uk

Features: Heat pump condenser. 8kg capacity, A++ energy rating. ♦ Dried clothing evenly, even at maximum capacity ♦ Low energy consumption ♦ Intuitive buttons, simple to operate with countdown timer on LCD display.

81/100

Put the right STUFF IN!

1 Biological detergent is the best choice for stain removal, as it contains enzymes that boost cleaning power. But it's not suitable for prolonged use on silk or wool.

2 Non-biological detergent is less likely to irritate sensitive skin because it is enzyme free. But it tends to be less effective at stain removal than biological detergent.

3 We recommend **colour-safe detergent** for coloured washes. These contain specially formulated colour protectors designed to help prevent clothes from fading.

4 If you are washing delicate fabrics, such as silk and wool, opt for a **detergent for delicates**. It is gentler than standard detergents because it doesn't contain enzymes, brighteners or bleaching agents.

5 Powder, liquid, gel or tablet detergent? They are basically the same product, so decide which is right for you. **Powder** is usually cheapest but needs measuring out, while **tablets** save you the bother of measuring but don't work for half loads. **Liquids** are handy for pre-treating stains and are also less likely to leave the streaks caused by undissolved powder detergents. □

LOVE YOUR MACHINE

WASHERS ✓ Wipe out the detergent drawer with a damp cloth after each use ✓ Every few months, pull the drawer out and clean it in hot, soapy water, then wipe down the drawer recess (unplug the machine first) ✓ Clean drain filters regularly and inspect hoses for signs of wear ✓ Leave the machine door slightly ajar when not in use to air. **DRYERS** ✓ Make sure all vents and pipes are unobstructed and free of kinks ✓ Clean the filter after every use – the dust and lint that collect can be a fire hazard ✓ If it's a condenser model, empty the water reservoir after every use.



Zero-calorie Truvia.[®] Leaves help make it sweet.

Being honest, we can't take all the credit for our sweetener – praise is due in large part to those little sweethearts: the Stevia leaves. Thanks to all their hard work, you are now able to enjoy **Truvia**[®] with its sugar-like texture and calorie-free sweetness.



Save your parents

FROM THE SCAMMERS!

It's time to leap into action and take on the heartless criminals who are increasingly targeting the old and vulnerable. Radio 4's Winifred Robinson reports on the emotional and financial cost of scams, and how to put a stop to them

Shortly before my mother died, she sent off in the post for a set of top-quality pans at a knock-down price. They never arrived. Months later, the local newspaper reported that hundreds of people had lost out. It was a scam.

That was a decade ago, but I've never forgotten Mum's reaction to that loss – small though it was. She felt foolish and embarrassed, more angry with herself than with the criminals who'd taken her money. I always think of Mum when I interview the victims of fraud on *You And Yours*, the daily consumer programme I present on Radio 4. Over the years we've reported the steady growth of fraud to the point where everyone now knows someone who's been conned. For me there was Mum; then another relative – a retired professional – lost a substantial sum in an investment fraud. More recently, when we moved house, the vendor, an elderly widow, gave us receipts for thousands



Be a superhero:
don't let fraudsters
take advantage
of your loved ones



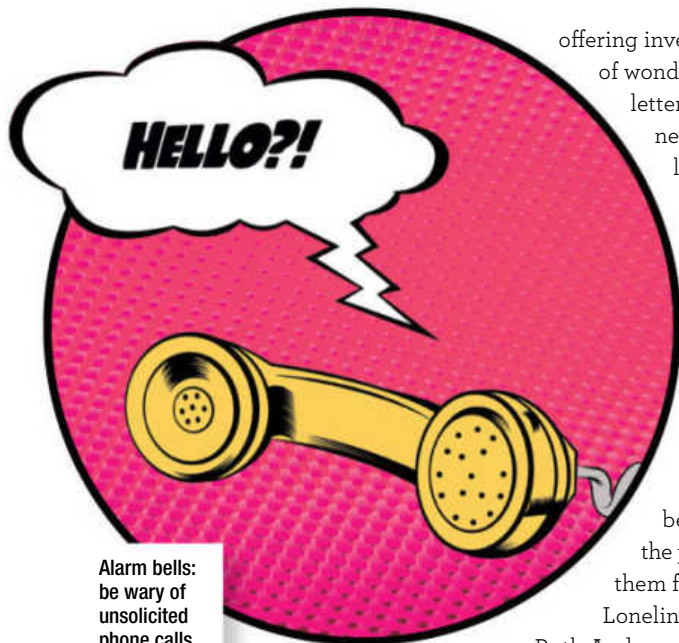
**REALLY, REALLY, JUST
WANT TO CONCENTRATE
ON COOKING THAT
TUNA TO PERFECTION?
WE'VE GOT A RICE FOR THAT.**



When the star ingredients demand all your attention, it's good to know some things will take care of themselves. Our Heat and Eat rice is perfect in just two minutes, leaving you free to create your famous showstopper.

For recipe ideas from Phuket to Prague visit www.wevegotariceforthat.com





Alarm bells:
be wary of
unsolicited
phone calls

offering investments with the promise of wonderful returns and there are letters, calls and emails with news of huge wins on foreign lotteries, which can only be claimed if you pay large amounts in advance.

You might wonder who'd fall for it, but people are being stripped of huge sums in this way – entire life savings, whole pension funds. The stakes are high enough for criminals to spend months befriending their victims on the phone or in emails, grooming them for the sting that is coming.

Loneliness is a big factor, says Ruth Andrews, who leads North Yorkshire County Council's fraud investigation and safeguarding unit, the first in the UK where the police, trading standards and social services work together.

Many victims she's met have been bereaved and their health is often poor. She remembers one woman of 90, childless and living alone, who was referred to the fraud team by her bank. Staff had noticed she was ordering a new chequebook every

“People are being stripped of huge sums in this way – entire life savings, whole pension funds”

two weeks. The woman was responding to letters asking her to send cheques to claim prizes. 'When we visited, she told us that if we stopped the scam mail she would die because she had nothing else to live for,' Ruth says. 'Her daily routine involved getting the mail from her post box, opening it and writing out cheques, and then sending them off.' It turned out the woman had already sent over £200,000.

'Fall for one fraud and you'll find your name and details sold and circulated by

YES, IT REALLY IS OK TO BE RUDE!

If life is being made miserable by unwanted telephone calls, doorsteppers or emails, here's how to stop them in their tracks

✓ **Once cold callers launch into their spiel on the phone, it can be hard to stop them, so get in quick.** Ask them, 'What is the purpose of this call?' If it's a sales call, say no thank you and repeat yourself until they get the message. Or simply just hang up – remember this is not a friend. Never give out personal information.

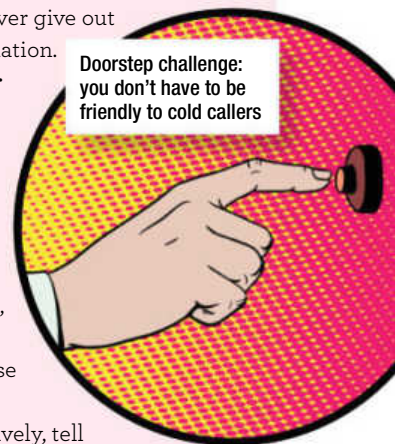
✓ **The number one rule for doorsteppers is not to feel obliged to let them into your home.** Ask them politely to leave, making it clear that if they refuse you will call the police. Alternatively, tell them you don't manage your own finances and you'll need to consult a relative. That should see them off.

✓ **Ignore emails if they are from a company or person you don't recognise.** Move the email to your spam folder and block the address; you can do this by right-clicking on the unopened email in your inbox and choosing 'block sender'. If you get an email from someone you know asking for money or sending a link, contact them by phone first to check it is genuine. It could be a scam or a virus.

✓ **If you are accosted by charity collectors in the street, keep walking – they can't follow you for more than three steps.** If they do get you talking, say: 'I'm sorry, I don't want to talk about money in the street. Could you give me a website?'

✓ **Unwanted letters from a charity?** Write to them and ask to be removed from their mailing list.

Doorstep challenge:
you don't have to be
friendly to cold callers



[CONTINUED FROM PREVIOUS PAGE]

of pounds for repairs that our surveyor quickly established had never been done.

More than a quarter of a million people called Action Fraud last year – and that's believed to be a fraction of those affected. Many people (like my mother) don't report what's happened to them, often because they're too embarrassed to admit it. Research by the Office for National Statistics suggests that more than five million crimes of fraud were committed in England and Wales in the year to June 2015.

Our ageing population is a factor in the figures going up, because older people tend to be trusting and open to approaches from strangers. 'They grew up in a time when people were more respectful in general,' says Commander Chris Greany, who coordinates fraud protection and prevention across the UK. 'They don't like to put the phone down or close the door on someone – that would seem impolite. Many have a strong sense of shared community. They don't think people are out to con them – and criminals are exploiting that.'

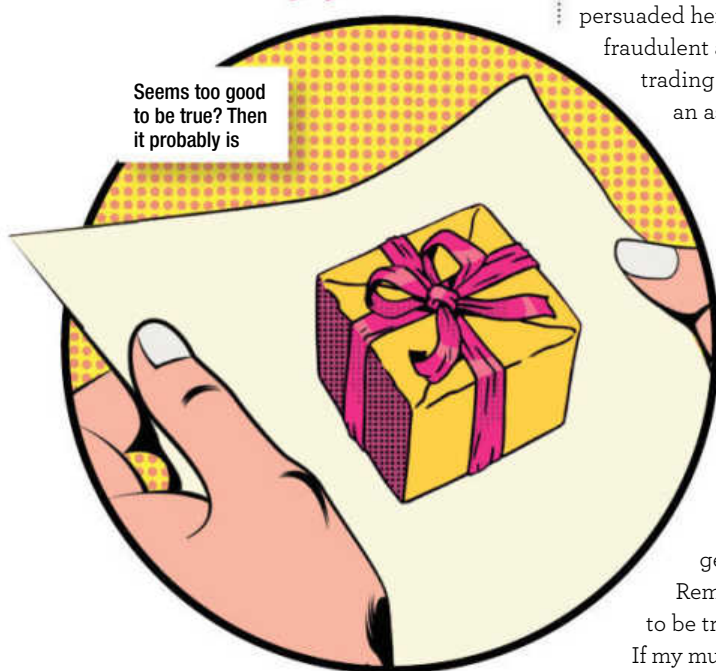
It's up to us to be aware of the possibility of being conned and vigilant on behalf of those who are vulnerable to being ripped off.

So what to watch out for? The initial approach is always unsolicited – a cold call from a stranger at the door, calling on the phone or contacting you by post or online. Among the most common are phone calls from criminals claiming to be from your bank, warning that your account is being targeted; they persuade you to transfer your money into new 'safe' accounts that turn out to be theirs. Criminals also ring



[CONTINUED FROM PREVIOUS PAGE]
criminals on so-called “sucker lists”, Ruth says. A couple in their 80s went to the police to report the loss of £64,500 through a bogus investment. When Ruth spoke to them it emerged that they’d been conned many times. They’d bought a holiday timeshare, paid another criminal, who’d promised to recover the timeshare money, and, even after all that, had responded to an email fraud telling them that a relative was stuck

The best way to deal with fraud is to prevent it



in Turkey and asking them to send money to a foreign bank account. Their losses ran into hundreds of thousands of pounds.

It can be difficult to protect people from fraud once relationships with criminals are established. Ruth’s advice for worried relatives is to put in place Powers of Attorney – legal agreements to act for others in financial affairs – as early as possible. Install a call-blocking device to prevent criminals getting through on the phone and try to persuade them to have their mail redirected to you, so you can sift out scams.

These are the practical steps but, just as importantly, she says, you should try to understand what it’s like to be old and lonely. Look for befriending services or lunch clubs that might help. Report your worries to adult social services, trading standards or the police. They all have a duty to respond.

In the case of the woman aged 90, the North Yorkshire team working with her niece, her bank and social services persuaded her to accept that the mail was fraudulent and have it redirected to trading standards. She was receiving an astonishing 30 letters a day.

This kind of help is costly and time-consuming, and it’s obvious that the best way to deal with fraud is to prevent it. ‘We must talk about it,’ says Chris Greany. ‘Sometimes that’s all it takes to avoid being conned – talk to someone you trust when you are uncertain about any phone call or offer. Don’t get involved with people who get in touch out of the blue.’

Remember, if it seems too good to be true, then it’s probably fraud.’

If my mum had been given that advice she’d never have sent off for those pans...

WHEN TO TAKE CONTROL

IF AN ELDERLY PARENT is not coping with their finances or if their health is deteriorating, it may be time to talk about Power of Attorney. You must seek Power of Attorney while they still have the mental capacity to make the decision. With their permission, you can become an attorney to their assets and help them manage their finances. This means you help them to protect their money from scams by aiding financial decisions.

There are two types: Ordinary Power of Attorney, which allows you to help them make decisions; and Lasting Power of Attorney, which allows you to make decisions on their behalf when they lack mental capacity. It takes up to 10 weeks and costs £110 to register and there will be other fees – find out more at gov.uk/power-of-attorney.



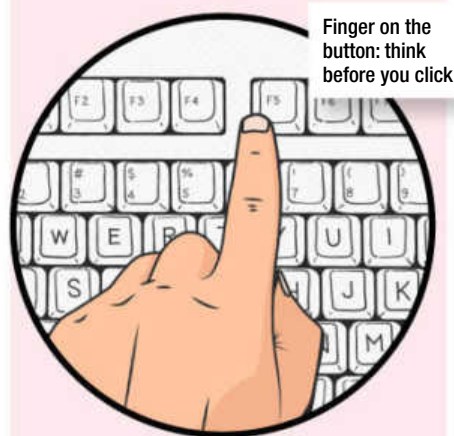
THE 3 NEW SCAMS TO AVOID

Knowledge is power: these are the latest cons to be aware of

1 One of the most convincing involves a courier pretending to be from the bank – or police – coming to your home and saying your card has been compromised and you must give it to them, along with your pin. Banks just don’t do this.

2 Scammers often call claiming to be from a bank or utility provider. Never hand out any personal details. Say you’ll call back – and find the number yourself rather than returning the call. Ideally, call back from another line later, as they can stay on the original line for several minutes, even when you’ve hung up, and intercept your call.

3 Watch out for pop-ups on the internet (any new window that appears without you opening it) that claim your computer has been blocked or is in danger. They will ask you to call a phone line and then attempt to extract your bank details.



ADDITIONAL REPORTING: VICTORIA CROWE ILLUSTRATIONS: GETTY, ISTOCK, SHUTTERSTOCK



WHAT PETS EAT ISN'T
ALWAYS WHAT PETS NEED



Pets need something healthy.
IAMS contains only the high quality nutrition
they need to support a strong immune
system and help maintain a shiny coat.

IAMS

I am more than just a pet I am an IAMS pet



OVERALL WINNER

**CHOKABLOK KING OF
EGGS BILLIONAIRES
DYNAMITE EASTER EGG**

£10 for 650g | [tesco.com](https://www.tesco.com)

A 21cm-high, rich, creamy milk chocolate shell covered with chocolate-coated shortcake biscuit, honeycomb pieces and chewy caramel fudge. Truly indulgent and a real crowd pleaser.

85/100



THE GREAT GH
Easter

TASTE TEST

It's time to announce the results of our much-anticipated Easter egg taste test, plus here's our pick of the best simnel cakes, hot cross buns, chocolate bars and English fizz

Easter eggs

BEST FOR KIDS

STAS CHOCOLATIER EASTER EGG HEAD

£9 for 250g | ocado.com
A fantastically fun egg: stick on the facial features with melted chocolate 'glue'. An interactive design that also tastes great, with a really creamy flavour.



78/100

KIDS' EGGS SHORTLISTED:

Marks & Spencer Frozen Tower, 77/100, £8 (220g). Thornton's Football Egg, 71/100, £4 (150g). Marks & Spencer Colin the Caterpillar Egg, 70/100, £7 (350g). Rococo The Enormous Crocodile Egg, 69/100, £17.50 (150g).

BEST FOR TEENS

CHOCOCO MILK CHOCOLATE AND HONEYCOMB EASTER EGG

£12 for 175g | johnlewis.com
Handmade by a boutique chocolate maker based in Dorset, this eye-catching egg is decorated with edible gold and hides a secret layer of delightfully sweet honeycomb.



77/100

TEEN EGGS SHORTLISTED

Montezuma's Milk Chocolate Egg with Milk Chocolate Peanut Butter Mini Eggs, 75/100, £16 (350g). Aldi Moser Roth Banoffee Egg, 74/100, £2.99 (185g). Marks & Spencer Star Wars R2D2, 73/100, £7 (215g). Lir Savoury Cheese & Onion Crisp Egg, 66/100, £5 (165g).

BEST FOR GROWN UPS

BETTYS MILK CHOCOLATE SPRING FLOWERS EGG

£25 for 350g | bettys.co.uk
A stunning chocolate egg, decorated with delicate icing flowers and chocolate piping. The chocolate has a beautiful shine and it tastes as good as it looks, with a rich, smooth texture.



81/100

GROWN-UP EGGS SHORTLISTED

Tesco Finest* Coconut Egg, 78/100, £10 (370g). Guinness Easter Egg, 74/100, £10 (360g). Hotel Chocolat Serious Dark Fix Easter Egg, 72/100, £27 (370g). Prestat London Gin Truffle Easter Egg, 59/100, £16 (70g).

BEST FOR SHARING

STAS CHOCOLATIER SWEETIE EGG

£20 for 700g | ocado.com
An enormous 700g handmade milk chocolate egg decorated with white chocolate and sweets. An impressive centrepiece and the chocolate is rich and delicious.

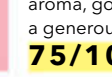
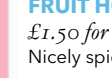
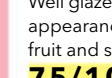


78/100

SHARING EGGS SHORTLISTED

Thornton's Marvellously Magnificent Giant Egg, 71/100, £25 (850g). Tesco Chocolate Mega Egg Hunt, 65/100, £7 (545g). Marks & Spencer Percy, Penny & Piglets, 65/100, £10 (380g).

Hot cross buns



13
tasted

JOINT WINNERS

ALDI SPECIALLY SELECTED LUXURY HOT CROSS BUNS

99p for 4
Well glazed, with a home-made appearance. Packed with juicy fruit and sweetly spiced.

75/100

TESCO FINEST* EXTRA FRUIT HOT CROSS BUNS

£1.50 for 4
Nicely spiced with a lovely aroma, good flavour and a generous amount of fruit.

75/100

RUNNERS UP

MARKS & SPENCER LUXURY HOT CROSS BUNS

£1.60 for 4
Beautifully spiced with citrus, cinnamon and nutmeg. Good chewy texture with plenty of fruit.

73/100

MORRISONS M SIGNATURE HOT CROSS BUNS

£1.20 for 4
Good sized, traditional tasting buns. Well spiced

with flavours of cinnamon and citrus peel.

73/100

NETTO DAILY CHOICE HOT CROSS BUNS

89p for 6
Large, thick buns with a good, chewy texture. Full of fruit and citrus flavours but slightly lacking in spice.

70/100

HOW WE TEST:

All our Easter treats were blind-tested in the GHI by a panel of tasters. They were looking at appearance, aroma, flavour and texture.

A chocolate lover's dream - these are just some of the 200 eggs we assessed!





5
tasted

Simnel cakes

OVERALL WINNER WAITROSE MORE FOOD EASTER SIMNEL CAKE

£8 for 560g
A deep cake decorated with an attractive lattice marzipan design. Sweetly spiced with a light crumb, soft sticky fruit and a good depth of flavour.

74/100

RUNNERS UP SAINSBURY'S TASTE THE DIFFERENCE SIMNEL CAKE

£9 for 740g
Toasted golden finish, decorated with marzipan daffodils. Pale, light sponge flavoured with orange and delicate spices. The sweet marzipan is particularly delicious.

73/100

BETTYS APOSTLE SIMNEL FRUIT CAKE

£26 for 1kg
Thick marzipan layer, generously finished with traditional decorations. But the intense marzipan flavour slightly overpowers the cake. The crumb is a little dry and lacking in fruit.

72/100

ASDA EXTRA SPECIAL SIMNEL CAKE

£8 for 802g
Rich and dark cake with a strong treacle flavour, finished with a layer of sticky marzipan.

69/100

MARKS & SPENCER SIMNEL CAKE

£12 for 940g
Beautifully finished with toasted marzipan and a bright pink ribbon. A little lacking in spice, tasting more like a standard fruit cake, and the marzipan topping adds nothing to the flavour.

58/100

English sparkling wine

OVERALL WINNER GUSBOURNE BLANC DE BLANCS

£37.95 | bbr.com
Very pleasant, with a delicate, floral aroma. Fresh apple flavour and light floral notes, balanced with a pleasing and slightly aggressive mousse.

79/100

RUNNERS UP RIDGEVIEW MARKSMAN BLANC DE BLANCS

£21 | marksandspencer.com
This has a rich, buttery brioche aroma and flavour, with notes of baked apples. Delicious, with a balanced acidity and an agreeable, vivacious mousse.

74/100

JENKYN PLACE BRUT

£28.50 | waitrosecellar.com
Mineral, sharp and acidic like a crisp apple with a slightly bitter finish and plenty of fine bubbles.

74/100



12
tasted

HATTINGLEY VALLEY CLASSIC CUVÉE

£30 | waitrosecellar.com
A rich aroma with touches of baked apple. Apple comes through in the flavour, too, with citrus notes and a pleasing vibrant mousse. Very well balanced.

72/100

NYETIMBER CLASSIC CUVÉE

£31.99 | ocado.com
A fresh, crisp aroma that is followed up by a slightly richer flavour, with touches of citrus and apples. A well-balanced mousse.

72/100

Milk chocolate bars

OVERALL WINNER LINDT EXCELLENCE CREAMY MILK CHOCOLATE BAR

£2 for 100g
Our panel loved the distinctive caramel taste, with touches of honey, and the super-smooth and creamy texture.

81/100

RUNNERS UP DIVINE MILK CHOCOLATE

£2.19 for 100g
Generously thick Fairtrade chocolate bar with a balanced sweetness and a creamy texture.

79/100

LINDT LINDOR MILK CHOCOLATE BAR

£1.69 for 100g
Rich, caramel flavours and honey notes. The gooey centre makes it very moreish.

79/100



24
tasted

NETTO PREMIEUR SWISS MILK CHOCOLATE BAR

85p for 100g
This bar has a pleasing snap to it. Not the most complex tasting chocolate, but it's rich and satisfying - and great value for money. □

75/100

Treat yourself to five bars of our favourite milk chocolate for the same price as the winning egg!



How good are
you feeling?

A new, actively delicious
four-pack from the Valley

AVAILABLE NOW IN SELECTED RETAILERS

PHOTOGRAPHED ON OUR FARM FEATURING OUR FRIENDS AND FAMILY: LISA

**Made with organic concentrated fruit juice



WE KNOW OUR
ALMOND
DRINK IS
DELICIOUS,
BECAUSE WE GROW
EVERY
DELICIOUS
ALMOND

We think a delicious almond drink starts with delicious almonds. So we grow our own. In fact, we're the only almond drink that does. Ours come from California, where our farmers have been lovingly growing them since 1910. Once ripe, we use them to make Blue Diamond Almond Breeze® that's dairy free, full of goodness and yes, you guessed it, absolutely delicious.

WE GROW THE GOODNESS

#GrowtheGoodness



Bargain basket: enjoy an Easter feast without breaking the bank



GOOD CHOICES

OUR EASTER SHOPPING LIST FOR 8 PEOPLE

Leg of lamb Aldi Ashfield Farm British Whole Leg of Lamb, 2kg	£7.98
Potatoes Morrisons (2kg), Lidl (1.5kg)	£1
Frozen peas Morrisons M Savers Peas, 900g	69p
Carrots Aldi, 1kg	39p
Mint sauce Morrisons M Savers Mint Sauce, 175g	27p
Hot cross buns Aldi (2 x 6-pack) Asda (2 x 6-pack) Morrisons (2 x 4-pack)	£1
Prosecco Aldi Beletti Prosecco Spumante, 2 x 75cl	£10.78
Easter egg Aldi Dairyfine Buttons Medium Egg, 2 x 128g	£1.58

TOTAL
£23.69*

Feed a crowd this BANK HOLIDAY

The GH hunt for the cheapest festive shopping basket has become an unmissable annual event. Now our experts have hunted down the lowest-priced Easter basket for eight – and it costs less than £25

THE BATTLE OF THE BASKETS*

1. Aldi	£24.72	6. Co-op	£38.55
2. Morrisons	£27.17	7. Waitrose	£39.46
3. Asda	£31.82	8. Tesco	£41.63
4. Lidl	£32.21	9. Sainsbury's	£41.75
5. Iceland	£38.17	10. M&S	£45.01

This year, for the first time, GH has compared how much it costs to buy a basket of eight Easter items from the leading supermarkets. Our research has found that a composite basket to feed eight people totals just £23.69 – or £2.96 a head.

In order to pick up the cheapest basket, you'd need to visit two different supermarkets. But if you're after a one-stop shop for the best Easter deals, look no further than Aldi, where you'll be able to buy all eight products for £24.72. Included in the basket are enough potatoes, peas and carrots to serve eight people, a leg of lamb and a jar of mint sauce, hot cross buns, two bottles of Prosecco and an Easter egg.

While Aldi sits in the top position, Morrisons is not far behind, with a

basket costing £27.17. It is seasonal offers that make these baskets particularly competitive – Aldi's 2kg leg of lamb costs just £3.99 per kg and three of the retailers are offering a deal for two packs of hot cross buns for £1.

At the other end of the price scale, baskets from M&S, Tesco and Sainsbury's cost the most, with all three charging more than £40 for the same list of items.

'It's all too easy to overspend at Easter, in the assumption that nothing beats the cost of feeding the family at Christmas,' says GH Consumer Director, Caroline Bloor. 'But our price comparison basket proves there's still a big difference between the cheapest and most expensive supermarket. Whatever your loyalties, it pays to remember that.'

FEATURE: SIMON COCKS PHOTOGRAPHY: HEARTSTUDIOS. *PRICES CORRECT AT TIME OF GOING TO PRESS AND SUBJECT TO CHANGE. OUR BASKET COMPREHENSIVE EIGHT EASTER ESSENTIALS TO SERVE EIGHT PEOPLE: LAMB LEG (AT LEAST 2KG), POTATOES (AT LEAST 1KG), FROZEN PEAS AND FRESH CARROTS (APPROXIMATELY 1KG), MINT SAUCE, HOT CROSS BUNS, TWO BOTTLES OF PROSECCO AND AN EASTER EGG (APPROXIMATELY 200G)

Health

SHORTCUTS even doctors use

They've read the books, done the research and learnt from years of treating patients — so it's safe to say doctors should know a trick or two about looking after their own bodies. We asked some of the country's top experts to share the shortcuts they take to be fitter, healthier and happier...



THE DIABETES DOCTOR WITH THE STAND-UP DESK

Lose weight, stop smoking and exercise regularly – these are the obvious safeguards against diabetes. But there are other simple changes that can make an immediate difference, says Melanie Davies, Professor of Diabetes Medicine at the University of Leicester

- Standing up uses core muscles, which in turn activate a protective mechanism that lowers glucose, so get on your feet every 30 minutes when you're watching TV, working or talking on the phone. 'I have a standing desk and so do all my colleagues, as we know it reduces the risk of type 2 diabetes,' she says. 'Our most recent research on women at high risk of diabetes found that just standing up for five minutes every half hour lowered blood sugar levels by 30%, and the effects were almost instant.'
- Walk just a little more. 'An extra 2,000 steps – around a mile – can cut the risk of heart disease by 10%. You don't even have to do it all at once – you can space it throughout the day,' says Melanie.

CHECKED FOR
ACCURACY BY
Good Housekeeping
HEALTH
WATCH



THE DIETICIAN WHO SNEAKS IN MORE SPINACH

We're still only eating four portions of fruit and vegetables a day, on average, so anything we can do to boost that has to be good news.

Dietician Sian Porter has the inside track on packing in more of the good stuff

- 'When I'm serving food, I start with the vegetables and fill half the plate, which automatically means two or three portions. It also means you eat less of the more calorific food,' she says.
- If you have to buy a

- sandwich for lunch, grab a pot of salad at the same time. Most ready-made sandwiches only have a few pieces of lettuce and tomato, which certainly doesn't add up to a portion.
- Buy lots of frozen fruit and

- whip up smoothies to boost your intake - they're also a great way to smuggle in greens like spinach and kale.
- Make a soup with all the leftover veg in your fridge and add beans or pulses, which also count as a portion.

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Fresh ideas: cut down on meat for a more varied diet

THE EXPERT WITH INTIMATE KNOW-HOW

Daily pelvic floor exercises keep those vital muscles toned, but there is another way, says physiotherapist Sammy Margo

● Invest in a set of vaginal cones. Research shows that using the cones, which come in different weights, can be as effective as doing regular pelvic floor exercises – without the effort. ‘I think they are amazing – you can exercise without thinking, you just slide them in and walk around wearing them,’ says Sammy. ‘Start with the weight you can manage until you can do it easily, ideally under the guidance of a physiotherapist or nurse.’

THE DENTIST WHO CHEWS GUM

There’s no real substitute for twice-daily brushing and flossing, but there are a few other tricks to help protect your teeth, says Dr Nigel Carter of the British Dental Health Foundation

● Chew sugar-free gum after eating. Your teeth are more at risk of acid attack after food, and chewing gum helps produce more saliva, your mouth’s natural defence against acid.

● Finish your meal by chewing a cube of cheese to counteract the acidic effects that eating has on your teeth. It helps stimulate saliva flow as well as having the added benefit of calcium to help strengthen the tooth surface.

● Cut down on snacking and don’t brush immediately after eating. The enamel on your teeth is softened every time you eat or drink and takes around an hour to recover. If you brush your teeth during this time you will brush tiny particles of enamel from the tooth surface. Constant snacking doesn’t give teeth long enough to revert to their natural state.

THE NURSE WHO DRINKS TEA TO PROTECT HER BONES

Weight-bearing exercise, tai chi to maintain balance and a calcium-rich diet are the gold standard for healthy bones. But if you’re short of time, try these other tips, says National Osteoporosis Society nurse Janet Bowman

● Rise from your chair without using your arms – and do it five times – to help strength, balance and posture.

● Once a day, walk heel to toe (as if you were walking a tightrope), and brush your teeth while standing on one leg to maintain balance and good posture.

● Use the stairs instead of the lift, and run up and down them if you can. Research shows that stair climbing increases bone density and it will give your heart a workout, too.

● Relax and enjoy a cuppa – coffee and tea are both full of flavonoids. In a recent Australian study, women who drank three or more cups of tea a week had a 30% lower risk of fractures than women who drank less than a cup a week.



Bags of goodness: tea can reduce fracture risk



THE PROFESSOR WHO’S CONVERTING HIS MEAT-EATING WIFE

There’s mounting evidence that the key to good health lies partly in the balance and diversity of the bacteria and other microorganisms in our digestive system. ‘Our ancestors typically ate 150 different ingredients a week; today most of us eat fewer than 20 separate food items, and with a lot less fibre,’ says Tim Spector, Professor of Genetic Epidemiology at King’s College London. ‘The fewer processed foods you eat and the greater the variety in your diet, the more diverse your gut microbes will be.’

● Go vegetarian (or semi-vegetarian) and cut out all processed foods for a month. ‘I did it by going vegan, which I wouldn’t recommend. But not relying on meat or processed foods is a great way of instantly broadening the range of real food you eat,’ says Tim.

● Make breakfast gut friendly – switch from high carb muesli and orange juice to a full-fat yogurt with fruit, nuts and seeds.

● Kick start the process with a food box. ‘I’ve spent the past six months trying to convert my wife to eating less meat, and ordering vegetarian food boxes – which provide the recipes and all the ingredients – has been a revelation. The veggie versions are relatively cheap and it’s been a great way of learning to cook really tasty vegetarian food from scratch.’

THE GH DOCTOR WITH SMALL WINE GLASSES

We know the limits: 14 units a week, no more than two to three a day. But one third of us drink more, and the group most likely to do this is educated women in their 40s to 60s. Get back on track with these ideas, says GH's Dr Sarah Jarvis.

- Make midweek an alcohol-free zone. Not drinking for two to three days means you will consume fewer units overall and, because your tolerance will be lower, you will probably drink less when you do open a bottle. Even better, have a dry month – you will be able to drink far less when you start again.
- Avoid rounds when you're out with friends, as you're more likely to drink at the rate of the fastest drinker. Alternate soft drinks with alcoholic ones.
- Try drinking single measures of a spirit with a mixer and only add the spirit to every other drink. Who needs to know there's no gin in that tonic?
- Have a cup of tea or a soft drink when you come in from work, rather than opening a bottle. The longer you delay, the less you drink.
- Use small wine glasses – you will automatically drink less.



Wine o'clock: open that bottle later and you'll drink less

- Use the free, downloadable Drinkaware app to track your consumption, so you get a realistic picture of how much you are drinking.

THE PROFESSOR WHO STAYS ON THE MOVE

What we should be aiming for is 30 minutes' exercise on at least five days a week. But, says Dr James Levine, Professor of Medicine at the Mayo clinic in Arizona, there are sneakier ways to burn calories and stay fit.

- Move as much as you can. 'I have a bike that I haven't used for a year, but I move all the time,' says James. 'The other day I had five hours of conference calls and I walked all the time I was on the phone.' Never sit down to do something unless you absolutely have to.
- Take a 15-minute walk after meals – research shows that a short walk is effective at reducing post-meal high blood sugar, a major risk factor for cardiovascular disease and type 2 diabetes.



Healthy diet: cut your calories one day a week

THE CALORIE-COUNTING DOCTOR

More than half of us are overweight or obese, and it's the biggest threat to women's health today. But you don't need to hit your ideal weight to be healthier, says Dr Michelle Harvie from the Genesis Breast Cancer Prevention Centre. Losing just 5-10% of your body weight can reduce your breast cancer risk by 15-40% and cut your risk of cardiovascular disease by 30%.

- 'I cut my calories to 1,000 one day a week and try not to drink during the week,' says Michelle.
- Go to bed an hour or so earlier. Getting less than seven hours' sleep and more than nine interferes with your circadian rhythms, increases hunger later in the day and may affect the way your body handles calories.
- Don't eat late in the evening – it's the time when you're most likely to snack and overeat. 'I brush my teeth after I've eaten as a signal to my body that food is finished for the day,' says Michelle.

THE STRESS EXPERT WHO LISTENS TO HIS BREATHING

Take up meditation, prioritise, cut your workload – they're great ideas but not always workable. Luckily, the Stress Management Association's Neil Shah says quick, easy changes are the most effective.

- Take five minutes out for mindfulness breathing. 'Stress comes with focusing on what's happened in the past or what might happen in the future. Step out of what you're in and concentrate on your breathing, your body and where you are right now. Do it regularly and it will act as a powerful reset, giving you more strength and clarity,' says Neil.
- Do a digital detox. Switch everything off for 15 minutes to free your mind and give you breathing space.

THE NUTRITIONIST WHO'S CALLED TIME ON SALT

You may not even know you have high blood pressure, so reducing salt is a worthwhile precaution, says nutritionist Sonia Pombo of the Wolfson Institute of Preventive Medicine.

- Use a salt substitute like LoSalt. 'Working for Consensus Action on Salt and Health opened my eyes to the impact of salt, so I went cold turkey and cut it out – despite protests from my husband,' says Sonia. 'I started using more herbs and spices, and within a month we had adjusted. If you can't do that, use a substitute. They replace 75% of the sodium with potassium, which helps to balance the negative effects of sodium on blood pressure.'
- Choose high potassium foods, such as wholegrain bread and cereals, quinoa, dried fruit, bananas, pulses, spinach, broccoli and avocados. You can find more details by downloading a Low Salt Shopping Guide from actiononsalt.org.uk.

Breathe in the SPRING

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sneezes, so you can breathe easy*

Are you looking forward to warmer, brighter weather, or a constantly blocked or runny nose? It's true that one in five people in the UK suffers from hay fever*, but a natural remedy could prove an effective solution. With 10 years of clinical studies behind it, French aromatherapy company Puressestiel specialises in natural solutions for everyday ailments. Hypertonic Nasal Spray decongests a blocked or runny

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ingredients
soothe
inflamed nasal
membranes,
making it easier
to breathe**



Puressestiel Hypertonic Nasal Spray, RRP £9.99, is available in larger Boots, Superdrug, Day Lewis and independent pharmacies. For more information, visit puressestiel.com

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crowning
glory.

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The real reason you WAKE in the NIGHT...

*Is it the snores
from the other
side of the bed?
The car alarm in
the street? Or a
worrying sign
that something is
wrong with your
health? The
experts explain...*

Wake up rested... not in
the middle of the night!



Ahem!

If a cough wakes you, it's likely to be caused by stomach acid splashing up the gullet and irritating the back of the throat. Known as nocturnal or atypical reflux, it's made worse by lying flat and usually happens a couple of hours after going to sleep. Those who suffer from reflux during the day are more likely to be affected, says Vishal Saxena, Consultant Gastroenterologist at the Queen Elizabeth Hospital in London. Other symptoms include heartburn and an acid or sour taste in the mouth.

WHAT TO DO Watch your weight. Carrying a few extra pounds around your stomach can increase the likelihood of an attack as it creates pressure on the abdomen, pushing the contents of the gut up the gullet. Try to avoid heavy meals six hours before going to bed, and sleep propped up on pillows.

Trips to the loo

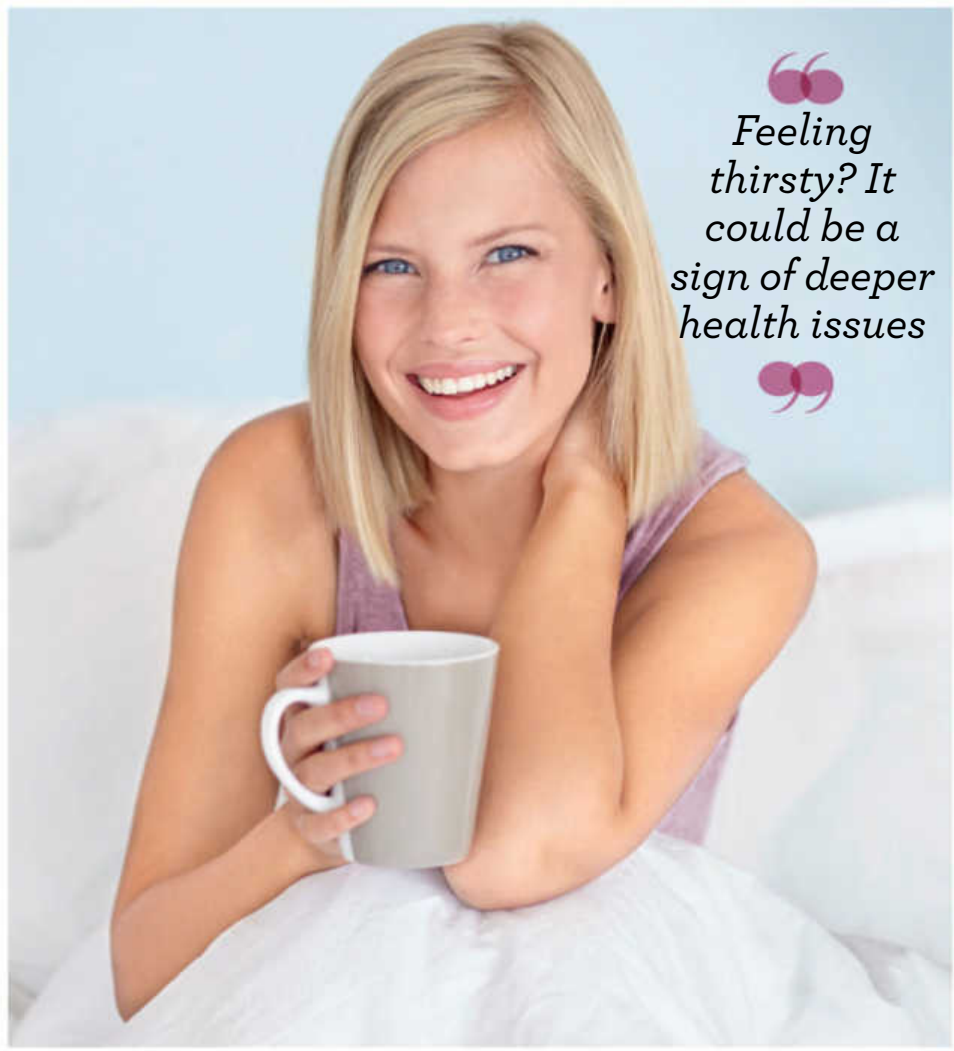
A full bladder could be an early sign of both type 1 and type 2 diabetes, as the body tries to get rid of sugar through urine. Needing the loo at night can also be a sign of underlying problems such as fibroids – benign tumours on the wall of the uterus that can cause it to enlarge and squash the bladder. Or it may be caused by cystitis – inflammation or swelling of the bladder lining because of infection or inflammation.

WHAT TO DO If you experience any symptoms of diabetes you should see your doctor for a blood test. Cystitis can be treated with antibiotics.

Out of breath

Did you know there is such a thing as nocturnal asthma? Over five million people suffer with asthma in the UK – and some will only realise they have it because it wakes them at night. It can also bring on coughing fits.

WHAT TO DO Air conditioning, bed mites or down duvets can trigger an attack. Try changing your type of bedding or soft furnishings to see if that helps. If it is asthma, your GP can prescribe a long-acting corticosteroid inhaler to open the airways.



“
Feeling
thirsty? It
could be a
sign of deeper
health issues
”

Spinning around

If you wake up feeling dizzy, you could be suffering from benign positional vertigo. This happens when microscopic fragments of debris break off from the lining of the inner ear – usually as a result of infection or inflammation – and get into one of the fluid-filled canals of the middle ear, confusing balancing signals to the brain, which then brings on dizziness.

WHAT TO DO Sleeping on your back on two pillows may help, as it stabilises the position of the head, says Dr Ayham Al-Ayoubi, an ENT and facial surgeon at London's Chase Farm Hospital. If you do wake up dizzy, put on a soft light next to your bed – don't close your eyes, as the visual messages we get from sight help re-order the confusing messages being sent to the brain. Then, focus on an object for a few minutes. As you stay in this fixed position, the disturbing signals will settle

down, calming the dizzy spell. The problem can be treated by an ENT specialist using the Epley manoeuvre. This involves shifting the patient's head slowly through a precise sequence of positions while they're lying down or sitting up.

My aching back

Sleeping with too many pillows can put strain on the lower back. The best position to sleep in is on your back with one pillow under your neck and one under your knees, as this will support the lower back.

WHAT TO DO Your mattress could be too hard or too soft. When testing a new one, lie on your back and check whether you can put your hand in the gap between your spine and the mattress. If there is a big gap, the mattress is too hard; if you can't get your fingers out easily, the mattress is too soft. For more advice on buying a mattress, visit goodhousekeepinginstitute.co.uk and see our Buying Guide in the Product Review section.



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It's too hot!

Night sweats are a classic sign of the menopause, but can also be caused by drinking too much alcohol or due to a side effect of anti-depressants. 'In rare cases, night sweats can be a sign of a serious underlying infection or illness including TB, endocarditis (inflammation of the heart valves) and lymphoma, a type of blood cancer,' says Andrew Wright, Professor of Dermatology at the University of Bradford. These conditions may cause sweating during the day, but will be more noticeable at night.

WHAT TO DO If this happens a few times a week, the problem should be investigated immediately by your GP. Natural alternative menopause remedies, such as red clover, may help, as the herb is rich in plant chemicals known as phytoestrogens, which mimic oestrogen.

Where am I?

Known as confusional arousal, this tends to happen when something wakes us from the deep phase of sleep, but can also occur during the transition from deep to lighter sleep. 'Though we may be able to speak or get up, we are not actually fully awake,' explains Russell Foster, a Professor of Neuroscience at Oxford University. Confusional arousal may be a sign of sleep apnoea, a chronic disorder in which you repeatedly stop breathing during the night.

WHAT TO DO Losing weight, giving up smoking and cutting down on drinking may help tackle the problem.

Not tonight...

...I have a headache? It may simply be dehydration, but if an intensely painful headache wakes you up around the same time every night for weeks, you could suffer from cluster headaches, says Dr Andy Dowson, Director of the Headache Service at King's College Hospital, London. They cause a throbbing pain, usually behind one eye, and can last from 30 minutes to three hours. Other symptoms include a blocked nose and red eyes.

WHAT TO DO Over-the-counter painkillers may not be strong enough – your doctor can prescribe stronger drugs such as verapamil. They may also suggest



using an oxygen cylinder, as breathing in pure oxygen seems to help.

Painful legs

Sudden muscle spasms in the calf, thigh or foot have been linked to taking statins, but you must speak to your GP before making any changes to your medication.

WHAT TO DO Take a warm bath before going to bed to relax the muscles, says London-based Chartered Physiotherapist Sammy Margo. Drinking lots of water, particularly if exercising, will also prevent the loss of minerals from the body, which are needed to help muscles contract and relax. Stretching calf muscles before going to bed will help, too.

Rumbly tum

There are several reasons your hunger could keep you awake. Night eating syndrome, says expert Dr Neil Stanley, is usually caused by stress or depression. Anti-depressants may help, as can ensuring you eat regularly during the day. Waking up hungry can also be the sign of an underactive thyroid, as a lack of the hormone thyroxine slows down the metabolism, making it harder for the body to maintain even blood sugar levels. Diagnosed with a blood test, it's treated with hormone-replacement tablets called levothyroxine. Or you may have reactive hypoglycaemia, a form of low blood sugar that can happen in people who don't have diabetes, says Dr Nida Chammas, a Consultant in Diabetes and Endocrinology at BMI The Clementine Churchill Hospital. It usually results from large rises in blood sugar levels followed by a quick crash, perhaps from eating junk food or drinking alcohol.

WHAT TO DO Follow a healthy diet and, if symptoms persist, consult your GP.

Sore jaw

Mouth pain may be caused by pulpitis, an inflammation of the inner part of your tooth that protects the nerve, says London-based dentist Dr Charles Ferber. It's especially noticeable at night, since lying down puts pressure on the head and neck, aggravating the pain. A dull ache in the jaw may be due to grinding teeth, known as bruxism. Other symptoms include earache, headaches, and chipped teeth.

WHAT TO DO See your dentist as soon as possible. If pulpitis is caught early, root-canal treatment should

solve the problem. If you are a tooth grinder, your dentist can make you a mouth guard – a type of splint that acts as a barrier between your upper and lower teeth.

Since 70% of cases of bruxism are stress related, try deep breathing exercises and having a long bath before going to bed.

Feeling low

Stress or any kind of emotional upset can increase the likelihood of waking up in the middle of the night, says Dr Jan Wise, Consultant Psychiatrist with Central Stress Management clinic in London. 'If you are emotionally disturbed, the body gets into an increased state of arousal, even when asleep. That makes you more vulnerable to factors that might not otherwise wake you up, such as a noise outside,' he says. Meanwhile, waking up feeling low early in the morning is a key sign of depression.

WHAT TO DO Sleep in a darkened room and keep the temperature fairly cool – around 16°C. Exercise and meditation can also help relieve stress and upset. For depression, it's important to seek treatment, which may involve counselling or anti-depressants.

I need a drink!

Waking up thirsty could be a sign of undiagnosed diabetes. This is due to high blood sugar levels triggering the body to flush away excess glucose, which in turn can lead to dehydration, making you feel thirsty, explains Dr Nida Chammas. Other symptoms include losing weight, blurred vision and excess trips to the loo, particularly at night.

WHAT TO DO Diabetes can be diagnosed with a blood test. ■

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A HEALTHY HOME

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Ready to refresh your home for Spring? This year, boost your wellbeing, too. House dust mites, mould, pet dander and pollen exist throughout our homes. And if you suffer from allergies, minimising these allergens can help improve your quality of life. Allergy UK's Seal of Approval is

given to products that have been independently tested and proven to reduce or remove allergens. Look for it when you buy appliances, bedding, flooring, laundry, paint and cleaning products. Visit allergyuk.org or call the helpline on 01322 619898 for more details about the Seal of Approval and ideas for keeping your home healthy.



Look for Allergy UK's Seal of Approval for products that reduce or remove allergens

BATHROOM

◆ **TUB:** Open the window promptly after a bath or shower to help dry the area and prevent mould growth.

◆ **CLEANING:** Wear protective gloves when cleaning and look for products with Allergy UK's Seal of Approval.



LIVING ROOM

PETS: Keep cats and dogs off furniture where possible – even better, give them their own pet bed!

SOFA: Vacuum regularly using a machine with a high HEPA filtration – Allergy UK's Seal of Approval can help you identify models effective at reducing allergens.

BEDROOM

◆ **BED:** Use anti-allergy covers on your mattress, duvet and pillows. Wash bedding at 60°C on an allergy cycle.

◆ **FLOWERS:** Remove pollen-producing stamens on cut flowers.



KITCHEN

◆ **COOKER:** To reduce condensation, keep lids on pans and open windows or use an extractor fan.

◆ **CUPBOARDS:** Choose wipe-clean door fronts. Dust the tops of wall units regularly and wipe down surfaces using anti-bacterial wipes or spray.





ASK SARAH

CHECKED FOR
ACCURACY BY
Good Housekeeping
HEALTH
WATCH

Dr Sarah Jarvis answers your health questions this month

◆ Cancer screening ◆ Painful feet ◆ How to choose the right painkiller

Why can't I be screened for cancer?

Q One of my best friends was diagnosed last year with ovarian cancer and was dead within six months. Now I'm terrified of it, but my GP says there's no screening available on the NHS. Why not?

A I can understand your concern. While ovarian cancer is the fifth most common cancer among women, it has one of the worst survival rates, with 4,500 of the 7,100 women diagnosed in the UK each year dying within five years. Women who have a family history of ovarian or breast cancer in two or more close relatives are at higher risk of a genetic tendency to these cancers and should speak to their GP about possible referral for genetic tests.

Currently, GPs should offer a blood test called Ca125 to any woman over 50 with persistent or frequent prolonged bloating; those feeling full quickly after eating; loss of appetite; pelvic or tummy pain; or feeling the need to go to the loo more often – especially if these are happening on more than 12 days a month. GPs should also consider whether they need to test women with unexplained weight loss, tiredness or a change in their bowel habit. Depending on the

results, you should then be referred for an ultrasound.

The trouble with the Ca125 test is that it isn't that accurate – it can be affected by other stomach problems, including noncancerous bowel inflammation. The latest NICE cancer guidelines recommend that if the Ca125 is normal, or high with a normal ultrasound, a woman shouldn't be referred but should be told to come back if symptoms become more persistent or frequent. The test picks up about 41% of cases – so misses nearly 60%. And studies screening asymptomatic women with Ca125 haven't shown any evidence that it results in ovarian cancer being picked up earlier, when treatment is more likely to be successful.

However, a new variation on the Ca125 test does show promise. In a large study, the Roca test proved twice as accurate at picking up ovarian cancer. It's currently only available privately, but may offer hope for development of an NHS screening test in future.

Q I took up jogging four months ago but now have a shocking pain in my heel when I run – have I done myself any harm?

A It sounds as if you may have plantar fasciitis – a pain in the heel caused by inflammation of the plantar fascia (the tough connective tissue that runs along your sole). It's thought to be due to repeated minor injuries, and is common among people who spend a lot of time on their feet or have recently started exercising or increased their exercise level. Being overweight or wearing the wrong shoes also makes you more prone. It affects one in 10 people, most commonly in your 40s or 50s. The most common symptom is pain after resting, and walking upstairs (which stretches your plantar fascia). While gentle exercise often helps, prolonged walking may bring symptoms back. Your doctor can probably make a diagnosis without further tests, based on your history and examining you. Rest and changing to the right footwear (a podiatrist can provide expert advice) will help, although painkillers and anti-inflammatory tablets can also relieve symptoms. Stretching exercises can relieve symptoms and reduce the risk of recurrence.

OUR HEALTH PROMISE



No fluff, crackpot theories or bad medicine. Health articles in Good Housekeeping are double-checked for accuracy by a leading expert from the GH Health Watch team.

Want to ask Sarah a question?

Email ghask.sarah@hearst.co.uk or write to Ask Sarah, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are unable to respond to letters individually.

SARAH'S TIPS FOR... Finding the right painkiller


There are hundreds of options out there, with widely differing claims (and prices!). How do you work out which is best for you?

1 Paracetamol is paracetamol, regardless of how prettily it's packaged. The own-brand versions for 20p are just as effective as those costing 10 times as much.

2 For tension headaches, NSAIDs (non-steroidal anti-inflammatory drugs) such as ibuprofen are often more effective than paracetamol – ibuprofen lysine or arginine work faster than plain versions.

3 NSAIDs are effective and safe for most people in the short term. However, at higher doses and in the longer term they can cause stomach inflammation/bleeding and kidney problems, so check with your GP.

4 For migraines, taking painkillers early can often abort an attack, while the same tablets taken later wouldn't. Triptans are effective for migraines but not other pain, and 1,000mg (three tablets) aspirin can help.

5 Combination painkillers, including codeine, can cause serious problems with addiction and medication-overuse headaches. Use them only very occasionally if you have not taken medical advice. 

What caught your eye first, the kitchen or the price?



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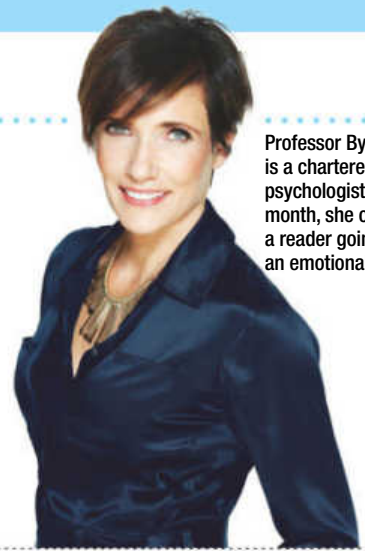
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KITCHENS

PROBLEM SHARED

with Professor Tanya Byron

Dear Tanya How will I ever trust my husband again?



Professor Byron is a chartered clinical psychologist. Each month, she counsels a reader going through an emotional crisis.

I've been with my second husband for nearly 20 years. A while ago, he became close to a younger woman over a shared love of music. He enjoyed spending time with her, insisted our friends meet her, and our sex life dwindled. I discovered flirtatious texts between them, but he insisted there was nothing in it. We've since lost contact with her, but I'm obsessed by the idea that they had an affair. Am I imagining things? How do I move on?

ANYA SAYS

T

Understandably, these thoughts are making you feel very anxious. By asking whether you are imagining things,

you are looking for reassurance to dispel this anxiety – reassurance I cannot give, as I don't know what went on between the two of them.

The key issue here is trust. The relationship your husband developed with the other woman must have felt threatening – for him to bring her into your friendship circle must have felt humiliating. To discover flirtatious texts would have cemented your suspicion that their relationship was based on more than a shared love of music.

You clearly struggle to believe your husband's version of the relationship, and this is causing you huge anxiety and obsessive thoughts. The problem for you is that such unresolved anxiety is toxic – eating away, and causing unhappiness and doubt.

When we are anxious, we can magnify and catastrophise the issue. Anxiety can build a small threat into something huge, distorting our perception. Your question suggests you have lost a sense of proportion about this relationship.

Given all he has hidden, you don't know whether your husband is telling the truth. That your sex life dwindled during this

period will add to this, as your suspicions that his needs were being fulfilled by this woman attacks not only your trust but your self esteem. You may very well question your own sexual and physical self.

There is work to do to repair the damage that has been done to your marriage. Look at your relationship now and decide whether it is at a place where you feel settled and comfortable. If it is, you may be able to make a conscious decision to move on – and decide that the problem no longer exists except in your head. For this to happen, you need to accept that this relationship occurred, see it as a difficult episode in your marriage, and then work on managing your anxiety and blocking the obsessive thoughts, giving them no psychological traction.

My impression is that this will be difficult for you. You still seem not to believe your husband's version of events, and any lingering doubts will continue to stoke the flames of anxiety. Tell your husband how you feel, and look for support to explore the relationship and slowly rebuild trust (see relate.org).

Going over events again and reopening

a distressing time will be painful and throw up self-doubt in terms of why you were not enough, at that time, to fulfil his needs. Was this a narcissistic trip undertaken by your husband who, as he was ageing, felt flattered by the attentions of a younger woman? Did he bring her into the friendship group as some kind of trophy because he wanted to highlight his ability to attract a younger woman?

These are difficult questions, but possibly ones you need answers to in order to work out whether this was a rather clichéd mid-life crisis moment for your husband or an event that highlights larger issues within your marriage. If it's the latter, then the relationship in and of itself becomes less of the issue. The real challenge for you and your husband is to look at what needs to be

addressed in your 20-year

relationship to revitalise and restore it. Think of this process as a relationship MOT – checking the current state of the marriage, what has been lost over the years and what needs to be reawakened in order for you both to feel able to fulfil and be fulfilled, and to look forward to a further 20 years of trust and commitment. □

“
You need to
work out if this
was a mid-life
crisis or a
larger issue
”

Want to ask Tanya a question?

Email ghask.tanya@hearst.co.uk or write to: Ask Tanya,

Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are usually unable to respond to letters individually.

Liquid vitality

Shake up your healthy eating plan with Almased, Germany's bestselling weight loss drink, full of protein and essential nutrients*

Need a healthy nutrition plan to help you get back in shape? Protein shakes are a popular choice these days, but it can be hard to find a meal replacement drink that leaves you feeling satisfied and tastes great. Almased, Germany's bestselling weight loss drink*, contains essential enzymes, proteins and amino acids to help maintain healthy tissue, muscles and energy while you're losing weight. It's gluten-free, non-GMO and contains only naturally occurring sugars, with no artificial flavours or preservatives. No wonder it's delicious and easy to digest.

Almased is easy to prepare, too – simply dissolve 50g (five heaped tablespoons) of the powder in 200-350ml water or 200ml low-fat milk (or unsweetened soya or almond milk) to replace a meal, or sip the drink as a healthy snack.



Germany's bestselling shake* contains essential nutrients to help maintain energy while you're losing weight

SHAPE-UP SHAKE

Rich in essential protein and enzymes that help digestion, Almased is made from premium-quality soya, calcium-rich skimmed milk yogurt and naturally sweet honey. As part of your healthy eating plan, this clinically-proven formula** helps your body lose fat while preserving vital muscle.

Almased is available only at Boots, £22.95 for 500g. For your free Almased Figure Plan, visit figureplan.co.uk and enter code GH1



let's feel good



HEALTH NEWS

This month's round-up of the latest issues

Surprising reasons to get on your bike

Cycling can make you feel fitter, sexier, and as healthy as someone nine years younger, say experts. We all know it's easy exercise and free transport, but for some fresh motivation:

- ◆ *You'll shed pounds.* If you cycle to work for 30min a day, you can lose a stone in a year without dieting.
- ◆ *You're less likely to get ill.* Cyclists take half as much sick leave as the average worker, according to a recent survey.
- ◆ *Sex goes from okay to wayhey!* Just 20min of cycling can boost women's sexual arousal by 169%, according to the Harvard Medical School – but don't overdo it. 'Leaning forward for too long can cause acute soreness,' says Michelle Arthurs-Brennan of totalwomenscycling. Try a cut-out saddle if you lean forward, more padding on the rear if you sit back.
- ◆ *You'll boost your confidence.* Being assertive can help you stay safe, so ride

A great way to get fit? Yes, but so much more...



well out from the kerb and make regular eye contact with drivers – especially if they're in an HGV.

DID YOU KNOW?

Women are more likely than men to have dodgy knees. Our wide hips, weak hamstrings and relaxing hormones make our knees wobblier, so we're up to eight times more vulnerable to injury. High impact and side-to-side moves are the riskiest, so if running, skiing or Zumba are your thing, take care!

What are your moods trying to tell you?

Flashes of anger or fits of giggles are unlikely to send many of us to the doctor – but new research shows emotions can predict physical illness, increasing the chance of early diagnosis.

Irritability, for example, is a common symptom of an over-active thyroid. And an inability to regulate feelings – laughing at bad news or emotional outbursts – can indicate neurological disease. 'The key is a sudden emotional change that's totally out of character,' says Carmine Pariante, Professor of Biological Psychiatry at King's College, London.

Understandably, depression is the emotion most frequently linked to illness, and not just because we feel low. It's an early symptom of Parkinson's and a side effect of conditions like diabetes, as a hyperactive immune system has a direct effect on the brain. Medication can help, and so can encouraging positive emotions. 'They reduce stress and improve your ability to cope,' says Professor Pariante.

Unexpectedly weepy? It could be a sign of something else

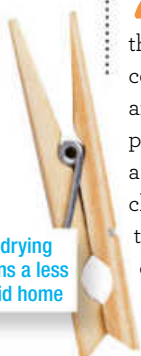


5 WAYS TO IMPROVE YOUR FAMILY'S HEALTH IN APRIL

1 Hang washing outside now it's brighter.

Drying clothes indoors can raise moisture levels by 30%, encouraging mould that triggers breathing problems.

Line drying means a less humid home



2 Don't hover! Helicopter parents deprive their kids of valuable coping skills, causing anxiety at uni, say psychologists. And a study of younger children shows that those allowed plenty of free play are more resourceful.

3 Fish for sore eyes. Studies show that omega 3s in oily fish help soothe the dry eyes that affect one in three people over 50.



See the benefits of oily fish

4 Know your blood pressure. There's even a special day for it on 23 April (see stroke.org.uk for more information). If you're concerned that yours may be high, see your GP, as high blood pressure is linked to dementia, heart disease and stroke.

5 Relieve that pain in the neck. Alexander Technique or acupuncture could be the answer. A trial by Arthritis Research UK found the benefits of a course lasted for months. □



SENSITIVE BLADDER?

So what! **MOVE ALL YOU WANT.**



Absorbs leaks & odours in seconds.
Always Discreet Liners & Pads.

Always Discreet Liners & Pads have
an 'ultra' thin absorbent core that turns liquid into gel.
So they're not only 'ultra' thin, they're super absorbent too.

Also available in Underwear.

Winner Bladder Weakness Category, Survey of 11,586 people in UK & ROI by TNS.
Always Discreet Pads and Liners.





Look after yourself as well as your loved ones

Take care of you!

Children about to fly the nest? Career on its way up? Your 50s can be a glorious decade full of the promise of freedom. But it's also when you're most likely to become a carer for older loved ones. In which case, try these strategies to stay youthful, fit, and positive about your new role.

● **Claim time off.** As a carer, you're entitled to a support plan that protects your wellbeing. Respite

care is vital, so make sure it's written into the plan.

● **Make a wish list,** so you don't waste a minute of your precious me-time. In half an hour you can walk somewhere new, have a file 'n' paint, or relax at a lunchtime concert.

● **Keep in touch with friends on Facebook** and invite them round. If you find it hard to stay cheerful, a local carers' group or online forum (see carersuk.org) will understand where you're at.

● **Mind your back.** Ask your local authority for training to teach you how to lift correctly, and exercise regularly to keep your back strong.

● **Have a melt-down plan.** Over 80% of carers admit they're stressed, says Carers UK, and there may be times that you reach breaking point. If that happens, go outside for five minutes, and breathe deeply, holding your breath for a count of three.

Q My hair has always been fine but now it's noticeably thinning. Is there any way to make it grow back?

There are three treatments that can limit female pattern hair loss – the age-related condition that causes thinning at the crown – says consultant dermatologist David Fenton.

Minoxidil, which is applied to the scalp, stimulates a downy growth that should eventually thicken up, but as it acts on the blood vessels, it's not for everyone. Hormones, such as HRT and anti-androgens,

can help hair loss triggered by the menopause, and hair transplants can be successful in women as well as men.

Despite the claims, though, there's little independent evidence that laser caps and combs can work, and volumisers can only do so much. But disguise is always an option and a visit to a specialist hair-loss salon can really help boost your hair, and your confidence.

HOW SHE DOES IT!



Opera singer LESLEY GARRETT, 60, thanks hormones for helping her hit top C: 'I'm singing as well as I ever have and I put that down to training and HRT. Traditionally, older sopranos didn't exist, because after the menopause, women's voices drop, but HRT stops the voice deteriorating. It has worked wonders!'

3 little shape-up helpers

These nifty items are easy to use and can whip you into shape for less than a tenner.

■ Roll away stiffness.

A foam roller massages away tension in muscles and improves balance.

Try this: Sit on floor, one leg bent, the other straight with the roller under the ankle. Lift up, using your hands for support, and move roller between ankle and knee. Switch legs.

■ Stretch for strength.

Resistance bands are as effective as weights for building muscle.

Try this: Stand on the band holding one end in each hand, arms long, palms facing forward. Bending your elbows, bring your hands slowly to shoulder height.

■ Wiggle a slimmer waist.

Hula-hooping is good aerobic exercise, burning 165cals in 30 minutes.

Try this: Choose a lighter hoop – you'll use more energy keeping it in place. □



Hip, hip hooray! Hula for a trimmer waist



THE QUEEN'S 90TH BIRTHDAY

ROYAL BIRTHDAY ISSUE: AN EXCLUSIVE PICTURE PORTFOLIO

TOWN&COUNTRY

COLLECTOR'S EDITION



ROYAL BIRTHDAY ISSUE: AN EXCLUSIVE PICTURE PORTFOLIO

TOWN&COUNTRY

COLLECTOR'S EDITION



ROYAL BIRTHDAY ISSUE: AN EXCLUSIVE PICTURE PORTFOLIO

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EAT BETTER

Registered nutritionist Anita Bean reveals the truth behind the latest food trends

HEALTHY OR HYPE?

They're the superfoods everyone is talking about, but do they live up to their reputation?

◆ **Teff** A staple in its home country, Ethiopia, this tiny grain is packed with iron, fibre and calcium (100g provides 18% of your daily requirement of calcium). As it's also gluten-free, it makes a nutritious alternative to wheat if you have coeliac disease or gluten intolerance. Cook in the same way as rice, or use teff flour for bread, brownies, pancakes and biscuits.

Verdict: *Healthy*

◆ **Kefir** This fermented milk drink is rich in nutrients and probiotics (the friendly bacteria that live in the gut), which help promote healthy digestion and boost immunity. It contains high levels of calcium (a 175g serving provides 20% of the RDA), protein and B vitamins, and tastes similar

to yogurt, but with a thinner consistency.

Verdict: *Healthy*

◆ **Maple water** The less sugary precursor to the syrupy stuff we drizzle over pancakes claims to fight wrinkles, strengthen bones and control sugar levels. But it's essentially just sugar and water (around 3g per 250ml) with only tiny amounts of other nutrients and there's no evidence to back up its health claims. **Verdict:** *Hype*

◆ **Banana flour** Made from green bananas, with a subtle nutty flavour, it can be used in the same way as ordinary flour. It contains resistant starch, a type of carbohydrate that behaves like fibre by helping to control blood sugar levels and keep you fuller for longer. **Verdict:** *Healthy*



Surprise starch: flour made from green bananas is good for you



The right sort of chocolate is definitely a good thing...

A DAILY (DARK) CHOCOLATE TREAT

Welcome news for Easter egg lovers. Research on 20,000 people says eating small amounts of chocolate may be good for your heart. People who ate about 1 square a day had an 11% lower risk of heart disease and a 23% reduced risk of stroke than those who ate none. Other research has shown that dark chocolate, with its higher levels of cocoa solids, can help reduce blood pressure by 2-3mmHg, thanks to heart-healthy compounds called flavonoids. These help to relax blood vessels, so blood passes through more easily. To avoid weight gain, eat no more than 25g (1oz) – 2-3 squares – a day (around 130 calories) and opt for dark, with at least 70% cocoa, to get the most flavonoids. □

Want to lower your cholesterol level?

A

handful of walnuts a day may help. An analysis of 61 studies found that people who ate at least 60g (roughly 2oz) of nuts (particularly walnuts) daily had significantly lower levels of total cholesterol and LDL than those who didn't eat them. This protective effect is thought to be due to walnuts'

high content of alpha-linolenic acid, the plant-based form of omega-3 fats. Nuts are also a good source of important vitamins and minerals such as folate and vitamin E. Meanwhile, another study found that eating walnuts daily can increase HDL or 'good' cholesterol, reduce inflammation and improve blood vessel function in people who are at high risk of developing type 2 diabetes. Here's how many nuts add up to 60g:







- ◆ 15 walnuts
- ◆ 20 pecans
- ◆ 40 cashews
- ◆ 50 almonds
- ◆ 105 pistachios
- ◆ 20 macadamias



Just 15 of these a day could help your heart

SMALL CHANGES, BIG DIFFERENCE

Find out how far you'd have to walk to burn off your favourite chocolate treat...

◆ 1 Gü Dark Chocolate Mousse	211 cal		2.6 miles
◆ A tenth of a Waitrose Seriously Chocolatey Chocolate Fudge Cake	303 cal		3.8 miles
◆ 1 M&S Chocolate Brownie Mini Bite	50 cal		0.6 miles
◆ 2 scoops (100ml) Green & Black's Organic Chocolate Ice Cream	170 cal		2.1 miles
◆ 1 Bahlsen Choco Leibniz Dark Chocolate Biscuit	139 cal		1.7 miles
◆ 1 Whitworths Raisin & Chocolate Shot	88 cal		1.1 miles

CHIC SPRING STYLE

Liven up your wardrobe for a new season with the fabulous collection of clothes and accessories from Studio 8

With sun-filled days and warmer weather just around the corner,

swap thick, Wintery layers for something a little bolder and lighter. Thanks to high-street favourite Phase Eight and its exciting new sister brand, Studio 8, you can find the perfect edit of Spring must-haves all under one roof. By focusing on quality fabrics and figure-flattering cuts, the on-trend designs from Studio 8 are every bit as gorgeous to look at as they are wearable. Choose from relaxed tailoring, kimono-inspired dresses or the new floral print for a modern take on effortless dressing. And with sizes ranging from 12-26, Studio 8 promises to fit your figure and deliver on confidence, whatever the occasion. Shop the range at studio-eight.com.

Clockwise from top right: Samira top, £69, and Susan jegging, £55; Helena dress, £150; Verona dress, £110. All available in sizes 12-26



20% off

This Spring, give your look the update it deserves with the new range from Studio 8. To celebrate its new collection, Studio 8 is offering Good Housekeeping readers an exclusive 20% off their next order. To make the most of your discount, simply head to studio-eight.com and enter code GHSS16 at the check out.



Studio8

LONDON

www.studio-eight.com

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BEAUTIFUL AT ANY AGE

News ♦ Treats ♦ Trends

WHAT'S NEW FOR SKIN?

* Acne isn't just for teenagers! The latest **Acclenz** range from Dermatologist **Dr Nick Lowe** is for anyone suffering from spots, and combats surface acne bacteria to decrease blackheads and breakouts, reduces redness and calms skin – without drying it out. From £23, feelunique.com.

* For women who don't think they have time for face masks, **Sanctuary Spa Reverse Beauty Sleep Face Mask**, £12, is like a thick moisturiser that you don't have to wipe off. Use it last thing at night and wake up to brighter, glowing skin.

* If you love a rich cream, **Vichy Neovadiol Advanced Replenishing Care** for dry skin, £26.50, is super-hydrating without feeling sticky or greasy. A complex designed to mimic the effects of a hormone that decreases when we hit menopause, helps to boost skin radiance.



Stained NAILS? Gently brush WHITENING TOOTHPASTE on them, says L'ORÉAL PARIS nail expert Lorraine Griffin. Rinse well and moisturise – and use as often as needed

ON TRIAL *Hair helpers*

Every month, our panel road tests the latest products. These got top marks:

L'Oréal Professionnel Steam Pod, £170

'This straightener uses steam and has halved the time it takes to do my hair. You can do large sections in one sweep. Brilliant.'

Dove Regenerate Nourishment Shampoo and Conditioner, £5.99 each

'I colour and straighten my hair, and this has made a visible difference to its condition and shine levels.'

Kérastase Fusio-dose, from £15

'One of the best treatments I've had at a salon – my hair felt light, soft and shiny, and it lasted through six washes. Great for a special event.'



BUYS OF THE MONTH



[1] It looks as good on your skin as in the palette: **Chanel Blush Harmony** in Sunkiss Ribbon, £44. [2] Shake to mix the super-lightweight **Armani Maestro Glow**, £39, which gives a radiant finish. [3] Or try **Nude by Nature Radiant Loose Powder Foundation**, £25 (feelunique.com), which is packed with skin-enhancing botanicals. [4] Instant glamour: **Le Marc Lip Crème** in Dashing, £24, from **Marc Jacobs'** new eponymous beauty range (Harrods). [5] Fresh and full of roses, plus neroli and papaya, **Dolce & Gabbana Dolce Rosa Excelsa**, £49, is a real feelgood scent. [6] Lightweight and quickly absorbed, **Olav Total Effects Featherweight Moisturiser**, £14.99, also contains SPF15 and UVA filters.

Your YOUNGER LOOKING EYES PLAN

If you could improve the appearance of your eyes and apply the right make-up to really enhance them, you would, wouldn't you? The good news is that it's all here in GH's all-about-eyes edit – you're welcome!

Youth-boosting eye treatments

AT HOME

We've been trying the eye-elevating exercises devised by Joanna Czech, Global Skin Advisor for Crème de la Mer, and have noticed a subtle difference. But, as Joanna says, 'The movements have to be repeated three times a day. It's like going to the gym. You wouldn't go once a month and expect big changes.'

Using firm pressure (which Joanna describes as 8 on a scale of 1 to 10 – ie, a little bit uncomfortable) pinch and lift your brows at the base close to the nose with your thumbs and forefingers. Hold for 20 seconds. Then move to the middle of the brow, pinch and lift again for 20 seconds. Finish at the outside edge of the brow and repeat. She says this pinching movement creates a temporary micro swelling of the muscles of the upper eyelids, which gives a lifted effect.

Joanna uses **Crème de la Mer The Lifting Eye Serum**, £180, on clients in her US spa. It contains the brand's signature miracle broth, which addresses inflammation and stimulates skin density, and marine peptides to boost collagen and elastin.

IN THE SALON

De-puff, smooth and brighten eyes (albeit temporarily) with Aveda's in-salon Botanical Kinetics Energising Eye Treatment. After skin is cleansed and moisturised, a warm gem-stone rollerball massages Botanical Kinetics Energising Eye Crème on to pressure points around the eyes to boost circulation and smooth skin. A chilled, refreshing eye masque finishes the treatment. Either add it on to an existing service for £20 (the 30-minute version) or have it on its own for £15 (15 minutes).



The eyes have it:
targeted products
and treatments
can take years off



If you're considering a tweakment...



A 360° approach is key to revitalising eyes

Preventative care (sleep and SPF) is key to keeping your eyes looking youthful for longer. But in time, repetitive facial movements, sun damage and age-related slowing of collagen production mean that lines take hold and the area loses its elasticity.

LIFTED LOOK

Botulinum toxin (such as Botox) can help open up the eyes by weakening the orbicularis oculi muscle, which closes the eyelids, says Dr Amanda Wong Powell, Medical Director of Courthouse Clinics. 'I often place a small amount at the tail of the eyebrow to give a small natural lift (it doesn't give the Spock look!). Although unlicensed, using advanced techniques and a small dose very superficially at different spots near the lower eyelid can help, too.'

LIGHT FANTASTIC

For treating lines and loss of elasticity in the delicate eye area, Courthouse Clinics' Dr Wong Powell is a fan of the Harmony ClearLift non-ablative laser. It works by transforming light into acoustic sound waves that work deep down in the dermis to stimulate collagen. There's no injury to the skin's surface, it doesn't leave any redness and, according to Dr Wong Powell, is virtually pain free.

Eye cream should be part of your daily routine

PACK UP YOUR BAGS

If puffiness is an issue, laser treatments can get fluid moving and tackle water retention. Yasmina Kamli, Head Aesthetician at the London Skin & Hair Clinic, recommends a holistic approach. Drinking more water, limiting alcohol and caffeine and sleeping on an elevated pillow can all help. Serious eye bags, however, can only be treated with surgery.

Rest your eyes younger



IN MY EXPERIENCE:

'I feel ever happier about my eye surgery'

When all she could see was her hooded eyelids, journalist and co-founder of *My Showcase* Kate Shapland (below right) decided to take action.

'My eyelids had been steadily vanishing behind flat sheets of skin that fell over my socket lines from the brow bones. Within two years the definition had gone, and age had manifested in a way that felt disproportionate with the rest of my face. I'd stopped appreciating my nice complexion – all I saw was a band of skin across my eyes, a genetic disposition hastened by years of downward-facing laptop action.'

I started researching surgeons when I had to give up on mascara because my lids were so close to the lashes that it became too difficult to apply. Out of the three I consulted, my surgeon, Olivier Amar, was the only one who proposed a practical upper blepharoplasty to remove the extra

skin, and no other tweaks. He understood how important it was to me that, after surgery, I would simply look the way I did before my lids dropped – that all I needed was a finessing operation to restore the natural definition.

Surgery took two hours; stitches came out after 10 days; bruising and swelling dissipated within two weeks. There was no pain at all – I went home with painkillers, but didn't need them. The incision lines took about six months to completely disappear, but essentially I was back to normal within a month, going about life as if I'd just had a different haircut. In the two years since the procedure, I've felt ever happier about the results, and if it needs repeating later in life, I will have it done again without hesitation.'



Only surgery can help correct deeply hooded eyes



■ Olivier Amar practises at The Cadogan Clinic (cadoganclinic.com). Upper blepharoplasty eyelid reduction costs from £3,600 (including surgeon, hospital and anaesthetist fees, plus any follow-up treatment).

FIVE of the best EYE CREAMS

Of the dozens of new eye creams sent to GH's beauty desk, our testing panel rated these:

REN INSTANT BRIGHTENING BEAUTY SHOT EYE LIFT, £30

'I love the instant tightening effect, and my dark circles look a little less obvious'



CLINIQUE PEP-START EYE CREAM, £22

'A great all-rounder. This tightened and brightened skin, and felt super-refreshing to use.'



CHANEL LE LIFT INSTANT SMOOTHING EYE CONCENTRATE, £65

'This lightweight gel felt really hydrating and made a great base for make-up.'



DARPHIN EXQUISÂGE BEAUTY REVEALING EYE AND LIP CONTOUR CREAM, £50

'My skin looked smoother after one use and I soon noticed an improvement in my crows' feet.'



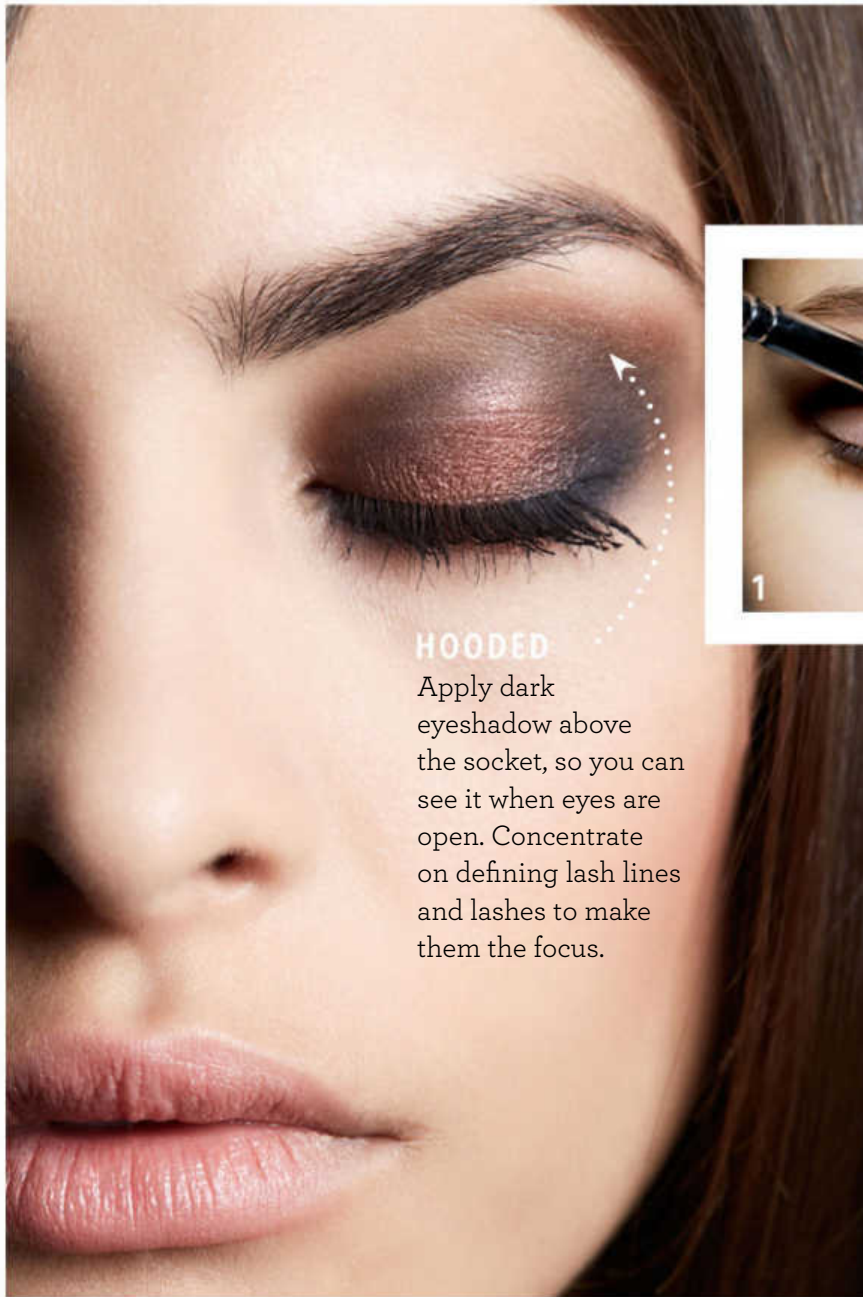
ESTÉE LAUDER NEW DIMENSION FIRM + FILL EYE SYSTEM, £62

'Brilliant! A two-step treatment with a skin-firming gel and tinted, illuminating cream.'



Make-up for your eye shape

Just as knowing how to dress for your body shape guides your fashion choices, so knowing how and where to apply your eye make-up is key to enhancing your eyes. Make-up artist Gary Cockerill shares tips from his book *Simply Glamorous* (Jacqui Small), on how to create bigger, brighter and more-awake eyes instantly.



HOODED

Apply dark eyeshadow above the socket, so you can see it when eyes are open. Concentrate on defining lash lines and lashes to make them the focus.

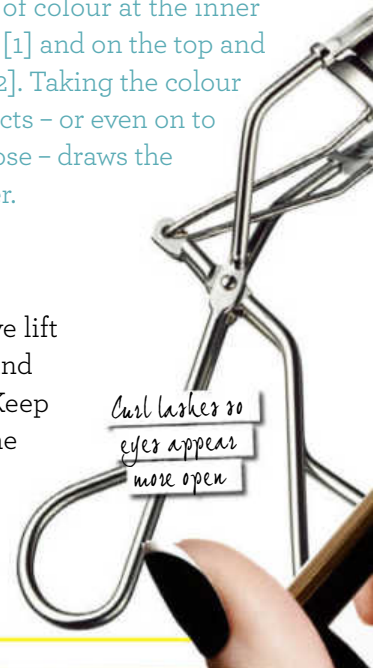


WIDE-SET

Apply more depth of colour at the inner corners of the eyes [1] and on the top and bottom lash lines [2]. Taking the colour close to the tear ducts – or even on to the corner of the nose – draws the eyes closer together.

DROOPY

Create a natural eye lift by curling lashes and grooming brows. Keep eyeliner close to the roots. A dark matt shade on the lids will add depth.



CLOSE-SET

If eyes are close together, it can make them look small. To counteract this, apply a light-coloured shadow at the inner corners of the eyes [1] and add darker shades to the outer corners [2]. Keep everything, including eyeliner [3] and mascara [4], concentrated on the outer half of the eyes to create the illusion of wider-set eyes.

Lusher lashes

FOR LONG-LASTING CURL

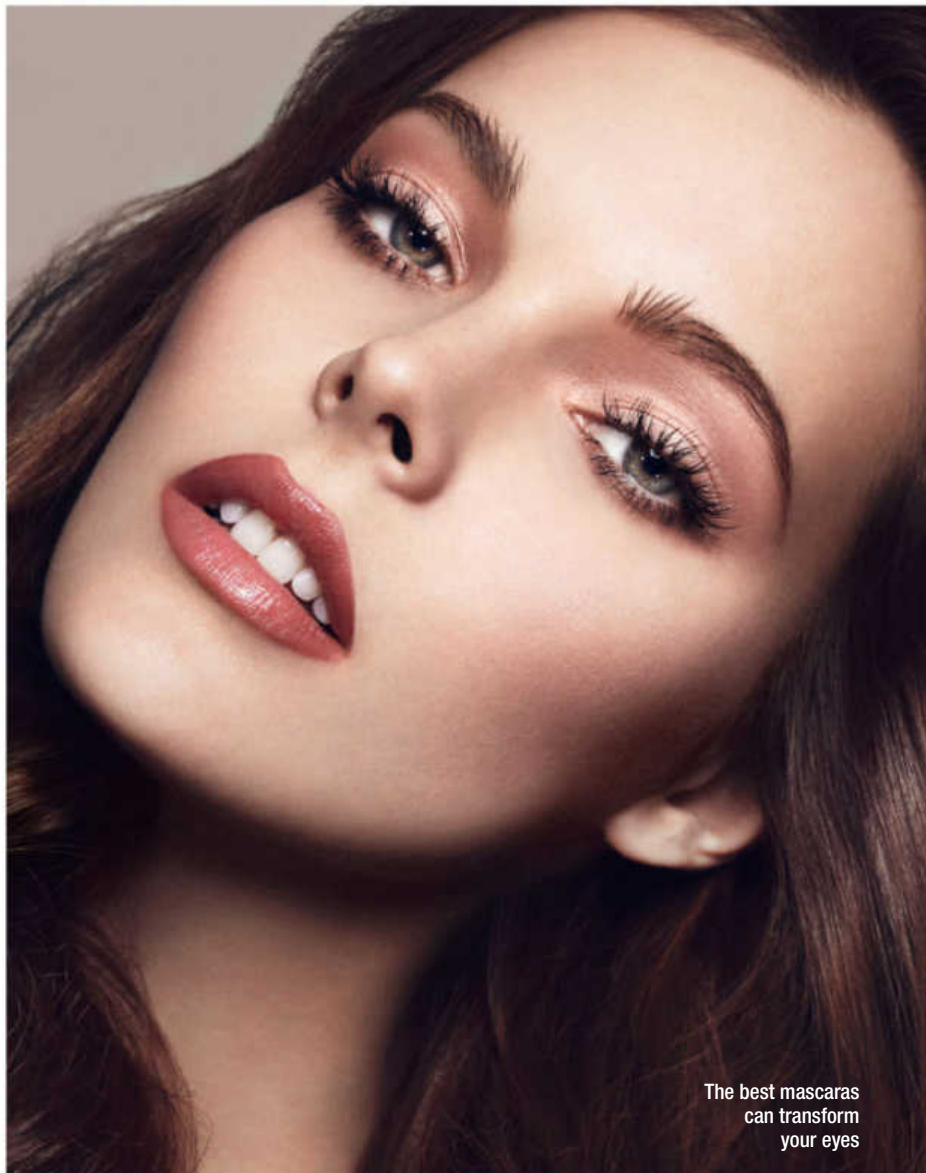
Blasting eyelash curlers with a hairdryer for five seconds before you use them helps to keep super-straight lashes curlier for longer. Make sure they're not too hot, however, by checking the temperature on your wrist first.

BUILD LENGTH

Apply the first layer of mascara to the full length of your lashes and the second coat just to the tips. 'Coating lashes with one even layer of product weighs them down, but distributing it helps to keep the curl and creates the illusion of thicker, longer-looking lashes,' says make-up artist Liz Pugh.

BIGGER EYES

'Applying mascara on the bottom lashes opens up the eyes, giving a wide-eyed, more youthful look,' says Bobbi Brown Pro Make Up Artist Amy Conway. 'Wipe off excess product, then use the tip of the wand to get into the smaller, inner corner lashes.'



The best mascaras can transform your eyes



NEW MASCARAS TO TRY NOW

Best for...

ADDING DRAMA

Tiny hooks replace the traditional bristles on **Nars Audacious Mascara**, £21, anchoring the formula to individual lashes for maximum volume.



Best for...

SPARSE LASHES

With a buildable formula that doesn't clump and a mini oval-shaped wand, **Revlon Ultimate All-In-One Mascara**, £9.99, coats and separates even the smallest of lashes.



Best for...

MULTI- TASKING

We love **Estée Lauder Sumptuous Knockout Defining Lift and Fan Mascara**, £24. It thickens, lengthens, adds volume and is smudge proof, too.



Don't hide behind your frames



Plan make-up to enhance your frames, as well as your eyes

Getting your eye make-up right can be a challenge when you wear glasses. Try these tips and tricks from make-up artist (and glasses wearer) Bobbi Brown:

- Eyeliner is key – it really adds definition from behind your lenses. Adjusting the thickness is important when you're wearing glasses, too. If your frames are thicker, apply a thicker line to the upper lash line so that eyes stand out. If your frames are thinner, a softer liner works well.
- The glass in your frames can highlight under-eye discolouration and darkness, so corrector and concealer underneath the eye are essential. A peach or pink corrector will counteract the bluish tones of under-eye circles, while a concealer that's one or two shades lighter than your skin tone will brighten the area.
- If your frames are delicate, or in a nude shade, don't let your make-up overpower them. Choose softer colours for shadow and create definition with a dark liner and mascara.
- The colour of your eyeshadow shouldn't compete with the colour of your glasses. If you want to do the same colour as your frames on your eyelids, try a base hue that's a shade lighter, and go a few shades darker for the crease colour. Finish with black liner and mascara.
- For an easy look, go with just a bold colour on your lips, plus concealer and waterproof mascara, which won't smudge on your lenses.

Which colour suits you?

1 BLUE EYES
Pick warm shades of mink and taupe, or try bronze or rusty golds. 'Navy liner brightens the whites of eyes, making your eye colour stand out,' says Amy Conway at Bobbi Brown.

OUR PICK 1 Laura Mercier Eye Glace in Wet Sand, £20; **2** Bourjois Little Round Pot in Utaupique, £6.99; **3** Estée Lauder Double Wear Infinite Waterproof Eyeliner in Indigo, £18.

4 GREEN EYES
'Green eyeshadow fights with the natural hues of green eyes,' says make-up artist Liz Pugh. 'Try purples with a small amount of silver shimmer at the centre of the eyelid.'

OUR PICK 4 Mac Eye Shadow in Beauty Marked, £13; **5** Bobbi Brown Long-wear Cream Shadow in Cool Lilac, £19; **6** Dior Diorshow Fusion Mono Eyeshadow in Aventure, £25.

7 BROWN EYES
Most shades will suit, but to really animate them, pick a shade that matches the flecks of colour in the iris, such as green. Blue creates a dramatic contrast.

OUR PICK 7 The Body Shop Colour Crush in Blue Over You, £7; **8** Burberry Eye Colour Cream in Charcoal, £25; **9** Nars Cosmetic Single Eyeshadow in Never Too Late, £16.

10 HAZEL EYES
These look beautiful with bronze, gold or khaki shades, which make the golden flecks in your eyes sparkle. A wash of subtle gold teamed with green kohl pencil also looks fantastic.

OUR PICK 10 Glo & Ray Marisposa Quartet Eye Shadow in Liquid Metal, £12.50 (thisisbeautymart.com); **11** Shiseido Shimmering Crème Eyeshadow in Naiad GR125, £21.50.



Official haircare partner of:

BRITAIN'S NEXT
top model

Good models have
the look...



**MODELS
USE THEIR
HEAD
& SHOULDERS**



Wow brows

An instant anti-ager, well-groomed eyebrows can alter the whole look of your face, lifting it and adding definition. Whether you want to fill in sparse patches or groom strays, we have the lowdown on the products that deserve a place in your make-up bag.



WHICH PRODUCT?

Pencils and powders [above] shape and fill; wand-type gels [below] are great for those with thicker brows wanting to tame hairs, rather than fill in sparse areas.



It's easier than ever to boost your brows

1 OVERALL WINNER

Too Faced Bullet Proof Brows

£27 (debenhams.com)

- ❖ This all-in-one powder, gel, pencil and setting wax was highly praised. The compact with mirror, and a good-sized brush, made it easy to apply.
- ❖ Detailed instructions were easy to understand.

95/100

2 RUNNER UP

Urban Decay Brow Beater Pencil And Brush

£15 (urbandecay.co.uk)

- ❖ Testers praised the design and ease of use of the fine pencil tip and brush.
- ❖ Long lasting, and some praised its grey coverage.
- ❖ Smooth texture didn't clump or smudge.

94/100

3 RUNNER UP

Guerlain Eyebrow Kit

£32.50 (johnlewis.com)

- ❖ Great texture, easy to blend.
- ❖ A palette of shades to suit all tones, plus a highlighter, though some found mixing shades time consuming and not using all the colours wasteful.
- ❖ The size of the brush and mirror made it easy to use.

92/100

4 RUNNER UP & BUDGET BUY

Maybelline Brow Satin Eyebrow Pencil

£5.99 (boots.com)

- ❖ Easy to apply, with natural-looking results.
- ❖ Great value.
- ❖ Packaging a little fiddly, and some found they needed practice to blend the powder.

91/100

HOW WE TESTED

In our beauty lab, we applied over 60 products with independent expert make-up artist Katie Annetts. Each was evaluated for ease of application, blending, colour tone, longevity and more. The 22 best performers were then blind tested with a panel of over 180 testers who reported back on the products.

★ Want to help the GHI test the latest beauty products? Email your name, age and contact details to beauty.ghi@hearst.co.uk

PHOTOGRAPHY (POSED BY MODELS): CAMERA PRESS/FIGARO PHOTO/ALEXANDRE WEINBERGER, FLORIAN SOMMEY/FOLIO-ID.COM, ANTONIO TERRAN/FOLIO-ID.COM, CAMERA PRESS/ANDREA CAPPELLI, JAA-ERIC FISCHER/FOLIO-ID.COM, CAMERA PRESS/VOTRE BEAUTE/JAN KELLER, GETTY



Official haircare partner of:

BRITAIN'S NEXT
top model

Great models also
use their head...



**MODELS
USE THEIR
HEAD
& SHOULDERS**

SPA OF THE MONTH

A five-minute walk from the sights, the Chester Grosvenor Hotel (chestergrosvenor.com) is the ideal base from which to explore – if you can drag yourself away from the spa! It's one of a handful in the UK that uses botanically based brand Darphin, and the Soft Comforting Treatment, £70, left our tester 'floating on air'. The toe-to-top experience starts with a foot ritual and ends with a scalp massage. For an extra £35, you can use the thermal suite, herb sauna, salt grotto, steam room, foot baths and ice fountain. Entry is free when booking treatments costing more than £100 per person. Spa packages start from £99.

Time for a wellbeing kick-start

BODY & SOUL

Our round-up of tips, news and advice to boost your wellbeing

CALM MIND, CALM SKIN



Skin sense

One more good reason to keep stress in check: you'll protect skin from rosacea, adult acne and premature wrinkles, says dermatologist Dr

Howard Murad. 'We're only just realising the power of emotions and their effects on the body's systems,' he says. His tips? Give up on being perfect, find a hobby that brings you joy and spend time with people you connect with. For more, see his new book, *Conquering Cultural Stress – The Ultimate Guide To Anti-Aging And Happiness* (Wisdom Waters Press).

Time to detox... boost circulation with skin-brushing



Refresh and renew

Spring is the season of the liver, says acupuncturist Annee de Mamiel, who trained in traditional Chinese medicine to support her recovery from cancer. 'Different organs are at their best during different seasons, and Spring is a time of renewal,' she says. To support the liver, she suggests dry skin-brushing to boost circulation and lymphatic drainage, followed by self-massage with a revitalising body oil. Try Salvation with frankincense and bergamot, £70, from demamiel.com.

Relax with a scented candle

MINI MEDITATION

Try this five-minute technique, says psychologist Dr Ilona Boniwell, co-author of *Change Your Life One Day At A Time* (Modern Books): light a candle and stare into the centre of the flame. Keep your breathing calm and steady, and blink when necessary. We light the Aroma Works Serenity candle with Lemongrass and Geranium essential oils, £15, aroma-works.com.



** Time to swap Facebook for face-to-face? According to research from the Danish Happiness Institute, taking a SEVEN-DAY SABBATICAL FROM FACEBOOK improved both mood and concentration levels, and reduced feelings of worry in people who normally logged on for at least 30 minutes a day. □*



Official haircare partner of:

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top model

That's why Britain's
Next Top Models use
their Head & Shoulders
for up to 100% flake
free gorgeous hair



**MODELS
USE THEIR
HEAD
& SHOULDERS**

Update a PRETTY
PARTY DRESS with a
tailored blazer and super-sparkly
STATEMENT HEELS



Hello gorgeous!

Brighter days mean lighter
clothes. Now's the time to ease
into new shapes, play with
proportions and freshen up
your wardrobe with pastels and
florals. Easy breezy

PHOTOGRAPHY **WILLIAM GARRETT**
FASHION **NINI KHATIBLOU**

Blazer, £395, 8-16, J. Crew
(jcrew.com). Dress, £150,
8-24, Phase Eight (phase-
eight.com). Net underskirt,
stylist's own. Shoes, £39.99,
3-8, Zara (zara.com).
Necklace, £65, Lola Rose.
Flowers, from a selection
at Gisela Graham
(giselagram.co.uk)



Channel the
HEAD-TO-TOE
KNIT TREND,
but keep it fitted to
avoid excess fabric
and volume. Try a
PRETTY PASTEL
combination and add
an extra layer of
texture with a **FAUX**
FUR SCARF

Jumper, £269, 8-16, Velvet
by Graham & Spencer
(velvet-tees.com). Pencil
skirt, £89, 6-16, Winser
London (winserlondon.com).
Scarf, £135, Helen Moore
(helenmoore.com). Clutch,
£29.50, Marks & Spencer.
Bracelets, £69 each,
all Lola Rose (lolarose.co.uk)

A belted COTTON JACKET is the Spring must-have. Wear over just about everything, especially to LIVEN UP a simple pair of jeans


Jacket, £99.99, 8-18, H&M Studio (hm.com). Blouse, £49.95, 6-18, Massimo Dutti (massimodutti.com). Jeans, £120, 8-16, 2nd Day (2ndday.com). Shoes, £79, 3-9, Jones Bootmaker (jonesbootmaker.com). Clutch, £95, Aspinal of London (aspinaloflondon.com). Bangles, £70 each, all Lola Rose (lolarose.co.uk)





*Slip on a take-you-
anywhere JUMPSUIT.
This print ONE-PIECE
has a drawstring waist for
a FLATTERING shape.
Add BRIGHTLY
COLOURED accessories
and you're good to go*

Jumpsuit, £225, 8-18, Jaeger
(jaeger.co.uk). Shoes, £155,
Carlo Pazolini (carlopazolini.
com). Bag, £129, Ted Baker
(tedbaker.com). Bracelets,
£45 each, both Lola Rose
(lolarose.co.uk)



*Update a classic pair
of white jeans with
a BOLD STRIPE
top and
METALLIC
trainers. The longer
length sleeve on this
simple tee gives
EXTRA ARM
COVERAGE*

Top, £45, 8-16, J. Crew
(jcrew.com). Jeans, £54.95,
8-18, Gap. Trainers, £50,
3-9, Superga at Schuh
(schuh.co.uk). Clutch, £75,
Aspinal of London
(aspinaloflondon.com).
Watch, £79.99, Ice Watch
(ice-watch.com)



Work the LOOSE,
LAYERED LOOK *with*
a pretty knit and a printed
skirt. RELAXED
yet dressy, this style
will take you FROM
DAY TO NIGHT *in*
one EFFORTLESS go

Top, £160, 8-16, Kirei
(kireiclothing.com).
Skirt, £250, 6-18, and shoes,
£275, 3-8, LK Bennett. Bag,
£69, Boden (boden.co.uk).
Bracelets, £30 each, and
green bracelet, £59, all Lola
Rose (lolarose.co.uk)

Inject SOME FUN
into your wardrobe with a
pair of PRINTED
TROUSERS. *Keep the*
top half RELAXED *and*
simple and lift the whole
outfit with a pair of
SILVER HEELS

Jumper, £39.95, Gap. Shirt,
£35, 8-20, Marks & Spencer.
Trousers, £125, 8-18, Marc
Cain (marc-cain.com). Shoes,
£115, 3-8, Ted Baker
(tedbaker.com). Bag, £295,
LK Bennett. Ring, £40,
Lola Rose (lolarose.co.uk)



HAIR: ENZO ANGILERI. MAKE-UP: SARAH JOHNSON.
WITH THANKS TO LAURA ASHLEY FOR THE WALLPAPER (LAURAASHELEY.COM)

*A corseted prom dress
is a PARTY no-brainer.
The wide straps and
FLATTERING
NECKLINE make it
EXTRA WEARABLE.
Not a fan of heels? Try
a pair of GLITTERY
FLATS, which are just
as GLAM and far more
COMFORTABLE*

Dress, £65, 8-24, Coast
(coast-stores.com). Cardigan,
£18, 8-20, M&S Collection.
Shoes, £120, 3-9, French Sole
(frenchsole.com). Bag, £35,
Kurt Geiger (kurtgeiger.com).
Rings, £39 each, Lola Rose
(lolarose.co.uk) 



SHOP THE TRENDS

Step into Spring with our pick of the best new looks to buy now



Bag, £99.50,
Banana Republic
(bananarepublic.co.uk)



Dress, £225, 6-18,
LK Bennett



Skirt, £35, 8-16,
River Island



Trousers, £189,
9-18, Hobbs



Shoes, £85, 3-8, Dune



Top, £95, 8-16,
Whistles



Dress, £150, 6-20,
Phase Eight
(phase-eight.com)



Jacket, £305, 8-16,
Polo Ralph Lauren
at House of Fraser



Top, £195, trousers,
£220, 8-16,
clutch, £500, all
CH Carolina Herrera
(Carolinaherrera.com)

BRIGHT STUFF

This season is awash with rainbow colours. Make a statement in a bold, block-colour dress or add a vibrant pop with a fab handbag.

DENIM RE-WORKED

It's no longer all just about jeans. Update your wardrobe with on-trend denim kimono jackets, jumpsuits or even a pair of denim shoes.



Dress, £30,
6-22, Next



Culottes, £139.95, 4-22,
NYDJ (nydj.co.uk)



Wrap jacket, £35, 6-22,
Dorothy Perkins



Shirt, £35, 8-16,
River Island



Embroidered denim
bag, £375, Stella McCartney
at mytheresa.com



Shoes, £155, 3-8,
Russell & Bromley

Jumpsuit, £110,
8-16, Salsa;
cross-body bag,
£155, Michael
Kors; tote bag,
£170, Lauren
Ralph Lauren, all
House of Fraser



LAID-BACK LUXE

Mix lace, suede and leather with metallic and woven accessories for a sumptuous, stylish look.



Jumper, £35, 8-20,
Autograph; skirt, £59,
8-20, Per Una; bag,
£89, Autograph;
trainers, £45, 3-8, all
Marks & Spencer



Jacket, £70, 8-18,
Nine by Savannah Miller
at Debenhams



Suede skirt, £169, 8-16
The White Company
(thewhitecompany.com)



Suede jacket, £249, 8-18,
House of Fraser



Bag, £75, Dune



Dress, £28, 6-22,
Dorothy Perkins



Sandals, £225,
3-8, LK Bennett



Cuff, £19, Accessorize



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Dress, £99,
8-18, Monsoon

PRETTY PASTELS

Sugary shades are a Summer staple. Don't just reserve them for special occasions: try teaming them with denim or white for warm-weather style.



Jacket, £228, 14-26,
Persona by Marina Rinaldi
(marinarinaldi.com)

Bag, £335, Vivienne Westwood
at House of Fraser

Earrings, £19,
Accessorize

Top, £26, 8-20, M&Co
(mandco.com)

Shoes, £60,
3-8, Clarks

Dress, £160, 8-20,
No 1 by Jenny Packham
at Debenhams



Shoes, £35,
3-9, Next



Jacket, £295, 6-18,
LK Bennett

Tote, £38, Limited Edition
at Marks & Spencer



Cross-body bag, £225,
Kurt Geiger London
(kurtgeiger.com)



Star print jeans, £95, 8-16,
Maison Scotch at
House of Fraser



Trainers, £99, 3-8, Carvela
(kurtgeiger.com)



Shirt, £29.50, 8-20,
Limited Edition
at Marks & Spencer

MIX IT UP

Prints, daytime glitter and stand-out earrings make for an eclectic, street-style look.



Blazer, £595,
8-18, shirt,
£78, 8-18,
culottes,
£128, 8-18,
Seavees
pumps,
£78, 3-8,
sunglasses,
£128, and
earrings, £88,
all J.Crew
(jcrew.com)



CREW CLOTHING COMPANY

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WILL DO

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COLLECTION

CODE: GOODMAR

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Free postage and returns valid for UK mainland addresses only. Not valid in conjunction with any other offer. Offer ends: 27th March 2016.

CREWCLOTHING.COM



Top, £17.99, 8-16,
New Look



Bag, £18, Therapy at
House of Fraser

Crew neck Breton
jumper, £17, 6-24,
and culottes,
£29, 6-20, both
La Redoute
(laredoute.co.uk)

SMART STRIPES

*From bold monochromes to mannish
pinstripes, painterly washes to classic
nauticals, there's a stripe for every occasion.*



Coat, £150, 8-18, Banana Republic
(bananarepublic.co.uk)



Dress, £120,
8-16, Whistles



Jumpsuit, £119,
8-16, Coast
(coast-stores.com)



Skirt, £129, 8-18,
Damsel in a Dress
(damselinadress.co.uk)



Shirt, £32,
6-22, Next



Bag, £199, Radley
(radleyandco.com)



Sandals, £65, Miss KG
(kurtgeiger.com)



Top, £110, 8-16,
Whistles

Enjoy 20% off at JACQUES VERT



Some highlights of the Jacques Vert collection:
LEFT TO RIGHT Skirt, £99, Top, £69, Trousers, £79. MAIN PIC Dress, £189. All sizes 8-24

20% off at Jacques Vert

Enjoy 20% off new season, full-price fashion from Jacques Vert, Precis, Windsmoor, Eastex or Dash. Complete this coupon and present it in store before making your purchases. Photocopies not accepted. One offer for each reader.

Title Mrs ☐ Miss ☐ Ms ☐ Mr ☐ Other _____

Name _____

Address _____

Postcode _____ DOB _____

Mobile _____

Email _____

Jacques Vert would like to contact you by post, email or mobile. Please tick here if you would prefer not to be contacted. ☐

FOR OFFICIAL USE

Store Number: _____ Sale Value: _____ Date: _____ Promotion Code: **GH2016**

Please return to Customer Services, Jacques Vert Group, Webber Pavillion, Hall Dene Way, Seaham Grange Industrial Estate, Seaham, Co Durham SR7 0PZ

M eet your ideal Summer wardrobe! Jacques Vert's new collection features monochromes punctuated by vibrant red, with versatile dresses and lightweight separates to take you through the season in style.

This offer gives you a 20% discount on full-price new season fashion from Jacques Vert, or any full-price new season buys from sister brands Windsmoor, Precis, Eastex or Dash. To claim your discount, visit jacques-vert.co.uk and enter code GHK20 at the checkout. Or fill in the coupon, left, and take it with you to any Jacques Vert Group UK store or concession, excluding John Lewis and outlet stores. The offer is valid from 1 March to 5 April 2016.

TERMS AND CONDITIONS This offer can only be used online at the Jacques Vert, Precis, Windsmoor, Eastex or Dash websites, or in any Jacques Vert Group UK store or concession, excluding John Lewis and outlet stores (see the store locator at jacques-vert.co.uk). Offer valid from 1 March to 5 April 2016 inclusive. This offer cannot be used in conjunction with any other offer or promotion. Offer does not include postage and packaging. This code can only be used once per customer; the number of items purchased is unrestricted. Returned items will be refunded at the discounted price paid on production of a valid receipt. Defaced, damaged or copied vouchers will not be accepted. The promoter of this offer is Jacques Vert Group, 46 Colebrooke Row, London N1 8AF.



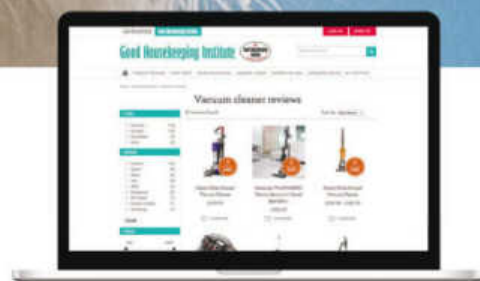
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Style

AT ANY age



Revamp your wardrobe for Spring with GH's pick of what's new now, says Fashion Editor at Large **ANGELA KENNEDY**



MOST WANTED

Dangling on the arm of every chic French woman is a **Longchamp Pliage** bag. It's your passport to international style and, every season, there's a luxurious new addition to this global favourite. Meet the latest sheeny iridescent leather version.

Metallic leaf leather holdall, £345, Longchamp (longchamp.com)

INDUSTRY INSIDER



'This white trophy jacket is perfect for all occasion dressing - making it a real investment piece for your existing wardrobe,' says **Jo Collins, Design Director at Wallis**. 'Worn over a beautiful print or colour block dress, it can be dressed up for Summer or, styled with jeans and a heel, it adds freshness to a daytime look. Tone-on-tone subtle embellishment and a well-cut shape keep it classic.'

Embellished jacket, £85, 8-18, Wallis (wallis.co.uk)



WEARABLE SCANDI COOL

With over 50 jewellery designers to choose from, **Cadenzza** has added Scandi style-setter **Dyrberg/Kern** to its illustrious list, which also includes names such as Versace and Cavalli. Our verdict? Crisp, contemporary and keenly priced.

White and rose gold earrings (above), £49, ring (below left), £49, and bangle (below right), £69, Dyrberg/Kern at Cadenzza (cadenzza.com)



IF YOU BUY ONE THING MAKE IT...

showerproof

According to the fashion forecast, you'll need a stylish rain cover-up this season. Stand out in a bright poncho.

Yellow poncho, £132, XS-L, Petit Bateau (petit-bateau.co.uk)

EXHIBITION: *From corsets and crinolines to the development of the bra as we know it today, UNDRESSED: A BRIEF HISTORY OF UNDERWEAR* is a major exploration of the history of underwear, and the latest fashion exhibition at the V&A. From 16 APRIL (vam.ac.uk/undressed). □

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Ready for a
glorious garden?
GH is here to help

2 hours a week to your

DREAM GARDEN

Big plans for your garden but not enough time to put them into action? Relax... Follow GH's monthly guide to tackling the right jobs at the right time and achieving great results



ABOVE Hellebores thrive in shadier spots
RIGHT In the pink: spruce up honeysuckle and fuchsias now for a glorious Summer show



TRY
SOMETHING
NEW

Brighten up a
shady spot with an
elegant hellebore.
Buy in person if you
can, as each one is
subtly different.

MARCH TO DO

◆ Clever gardeners grow shrubs: give them attention now, and you'll be done for the year. Make sure your secateurs are properly sharp, then reduce Summer-flowering shrubs like buddlejas and lavateras to within 30cm of the ground to contain them and promote more flowers. Russian sage (*Perovskia*) and hardy fuchsias should also be pruned, along with colourful Winter stems such as dogwoods (*Cornus*) and willows. Now's also the time to reduce smoke bush (*Cotinus*), pawlonia and catalpa to produce showy big leaves later – an easy way to add an exotic note to the garden.

◆ If your garden is chilly or your soil heavy, plant roses now, although don't plant where a rose was growing before to avoid the risk of replant disease. If you haven't got round to

pruning your existing roses, do it now. Cut out any spindly or crossing stems, along with anything dead, damaged or diseased, aiming for a balanced, open shape.

◆ Check variegated evergreens for any all-green shoots, and snip them out.

◆ Spread a good thick coat of mulch (at least 5cm) on your borders – composted bark gives a nice surface. Stable manure adds welcome welly to the soil. Mushroom compost will make everything grow gangbusters – but it's limy, so don't use it around acid-loving plants like rhododendrons.

◆ Staking is one of those stitch-in-time jobs. Do it now while plants are tiny – leave it too late, and it's a fiddle, and the plants never look quite right.

◆ Honeysuckle soon becomes a horrible tangle. As the stems come into bud you'll be able to tell which ones are alive, and cut out the ugly dead wood.



Enjoy a riot
of colour at
Trewidden
in Cornwall

GARDENER'S DAY OUT

Head south to Trewidden (trewiddengarden.co.uk), one of Cornwall's hidden gems, which is ablaze with over 300 magnolias and camellias – and enjoy a rare open day at Pentillie Castle (near Saltash) on Mothering Sunday (6th) or Easter Monday (28th), and see the amazing new star-shaped daffodil, 'Pentillie Duke', discovered there last Spring by bulb guru Matt Bishop (pentillie.co.uk).

APRIL TO DO

- ◆ A combined lawn treatment will both fertilise, and kill moss and weeds. For a really good result, rake out all the thatch, dead weeds and blackened moss, and oversow bald patches. Pin a bit of horticultural fleece down with tent pegs over your seeded areas to stop the birds making away with the lot. Once the grass is growing, get mowing – not too short to start with.
- ◆ Find room to plant a few asparagus crowns in a sunny, well-drained bed. It will take two to three years before you can harvest, but you'll wish you'd done it earlier.
- ◆ Once you're sure the soil isn't frozen or waterlogged, plant or move evergreen trees and shrubs. Submerge roots in water until all air bubbles are released before planting. Then mulch well and consider sinking a pipe (or plastic bottle) to deliver water deeper to the roots.
- ◆ Feed hungry roses, shrubs and hedges with granular rose feed or fish, blood and bone, sprinkling it over the root area before hoeing lightly into the soil.
- ◆ Silver-leaved plants such as curry plant (*Helichrysum*) and cotton lavender (*Santolina*) need rigorous pruning every Spring to stop them becoming leggy – as long as you can see new growth at the base, cut back to within 5-10cm (2-4in) of the ground. (The exception is *Convolvulus cneorum*, which is pruned in late Summer.) Sprinkle grit around the crowns to protect the leaves from mud-splash and keep stems from rotting.

TRY SOMETHING NEW

Make a strawberry tower – as seen in Paris' Parc de Bagatelle gardens last Summer – for proof against pests and a handy way to harvest. You'll need at least 10 plants, and a water tube down the centre makes it easy to maintain.

A treat for tulip lovers: Pashley Manor Gardens in East Sussex



GARDENER'S DAY OUT

The annual tulip festival at Pashley Manor Gardens in East Sussex runs from Friday 22 April to Saturday 7 May (pashleymanorgardens.com). Over 25,000 tulips run riot in pots, beds and borders, gloriously demonstrating their range and extravagance. Bloms Bulbs will be on hand, with a display of 2,000 cut tulips, to offer advice and take bulb orders for delivery in Autumn.



COUNTER CLOCKWISE FROM ABOVE Phlox paniculata 'Early Start', waterlilies, *Aurinia saxatilis* and *Aubrieta deltoidea*



MAY TO DO

- ◆ Prune Spring-flowering shrubs such as Japanese quince (*chaenomeles*), forsythia, choisya and flowering currant (*ribes*) after flowering. Remove one stem in three from kerria and spiraea. If your Clematis montana has got out of hand, now is the time to tackle it. Don't worry too much if you break a few stalks – this is a plant that is very hard to kill.
- ◆ Scoop out pond algae and blanket weed before they proliferate. Leave blanket weed on the side overnight so that pond creatures can crawl back in. If you are growing your marginal plants in baskets, lift them out and divide any that are overcrowded. Top baskets with large gravel to keep the fish off.
- ◆ Alyssum, aubrieta and

violas all could do with a short back and sides to stop them getting straggly. You can also reduce late-flowering perennials such as echinacea, sedum and phlox by a third. A Chelsea Chop (timed to coincide with the Flower Show) will give you more flowers on shorter plants that are less in need of staking.

- ◆ Tie in new growth on climbing roses while it is still easy to handle.
- ◆ Harden off bedding plants ready to plant out as soon as all frosts have passed. Get a head start by planting up baskets and hanging them up in the greenhouse till they're ready to go out.
- ◆ Plan ahead for scented Summer evenings by planting out a selection of night-scented stocks, chocolate cosmos and fragrant tobacco plants.

TRY SOMETHING NEW

The flowering shrub *Viburnum plicatum* is far too big for most gardens. So three cheers for new *Viburnum plicatum* 'Kilimanjaro Sunrise', which has all the beauty of the larger shrub at a smaller size (burncoose.co.uk).

Wander through
Doddington's
wild garden



Rick Kirby's Fallen
Angel, displayed at
a Doddington Hall
sculpture show



GARDENER'S DAY OUT

Doddington Hall in Lincolnshire is a picture now, with a froth of wild flowers and masses of snakeshead fritillaries, while in the walled west garden their lordly cousins, the crown imperials, stand to attention. Open Wednesday, Sunday and Bank Holiday Monday (doddingtonhall.com). Equally inspiring is beautiful Dalemain in the heart of the Lake District, a dreamy historic garden rich in rare and unusual plants, where you'll find spectacular sheets of Himalayan blue poppies – a sight to take your breath away. Open Sunday to Thursday (dalemain.com).

TIME-SAVING CHEAT

Fancy some smart new trelliswork, but can't face hours with a paintbrush? Gardentrellis.co.uk supplies ready painted trellis and panels.

Sweet peas need
help to climb



JUNE TO DO

- ◆ Line terracotta pots and hanging baskets with polythene before planting up in peat-free compost – an economical alternative to water-retaining gels. A weekly dose of high-potash tomato feed will give cascades of flowers through Summer.
- ◆ Encourage sweet peas to climb by tying them in to their supports.
- ◆ Keep an eagle eye out for bindweed, and blot it with a spot weeder. If you mulched your borders in March, the odd annual weed should hoe off in a trice.
- ◆ Grasses and strappy plants like libertias can get choked up with debris, so give new growth a sporting chance by combing them out gently with a gloved hand or plastic hand fork.
- ◆ Dead-head spent flowers. Oriental poppies cut back to the ground will respond with fresh new foliage. Be equally fierce about cutting out faded euphorbias. Left in place, they soon get tatty and mildewed.
- ◆ Aphids can seem to multiply in minutes, so either rub them off by hand or squirt them with an organic spray such as Bug Clear for Fruit and Veg. (Many synthetic sprays are harmful to bees.) Squirtling with soapy water is officially discouraged, but it works.

TRY SOMETHING NEW

Bang a post into the ground, attach a hanging basket planted up with fuchsias, bidens or trailing geraniums. Voilà – an instant standard!

An outdoor 'room'
at Wollerton
Old Hall gardens



GARDENER'S DAY OUT

An intricate garden of rooms furnished with modern planting, Wollerton Old Hall in Shropshire is bewitching when its many roses are in bloom. Open Fridays, Sundays and Bank Holiday Mondays, Easter to August (wollertonoldhallgarden.com).



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Give houseplants a Summer holiday outdoors

RIGHT Dead-head roses regularly to keep them blooming BELOW Helenium 'Sahin's Early Flowerer' is a real workhorse



TIME-SAVING CHEAT

Speed up trimming, dead-heading or any job that needs a quick snip. Originally designed for topiary, Jakoti one-handed sheep shears (handshears.co.uk) are an ideal multi-purpose tool.



JULY TO DO

- ◆ Snap off browning roses just below the head, nip spent heads off day lilies for more blooms the next day, and cut out the faded flower spikes on delphiniums and lupins, to get a second show before Summer's out.
- ◆ Keep an eye on your pond, removing any dead or dying vegetation and treating it with barley straw if blanket weed is becoming a problem. Top up if necessary: raising the hose high above the water or fixing a spray attachment will both increase the oxygen in the water.
- ◆ Give your houseplants an airing – bringing them outside for a few weeks will do them good, and add a new layer to the garden.
- ◆ If you're growing tomatoes in a greenhouse, be sure to

- keep it well ventilated, damping down the floor if it gets very hot, to cool the air and raise humidity. Remove yellowing leaves, stripping out the leaves from under the first truss and pinching out the side shoots on single-stemmed varieties.
- ◆ Were your irises below par this year? It may be time to divide them, throwing away the tired-out, wizened bits of rhizome and replanting the fresh fat juicy ones.
- ◆ Sow a few pots of rocket, pak choi and other oriental greens as the days start to lengthen – the shortening days and warmer nights mean they are less likely to bolt.
- ◆ Need a supply of basil for pesto? Buy a supermarket pot, divide it into four and plant it out. It will soon grow away and start to increase.

*TRY SOMETHING NEW
Helenium 'Sahin's Early Flowerer'
glows with daisy-like flowers, mottled in yellow, from early July right through to November. Hard-working and easy-going, it is also good for cutting*

Tradition continues in the walled garden at Kelmarsh Hall



GARDENER'S DAY OUT

Visit Kelmarsh Hall in Northamptonshire (kelmarsh.com), where the cutting beds in the walled garden are an extravaganza of dahlias and old roses. Open Sundays, Tuesdays, Wednesdays, Thursdays and Bank Holiday Mondays.

Wipes out dirt in a **Flash**





ABOVE Neatly trimmed topiary makes an ideal foil for late Summer abundance
RIGHT If you have a wildflower meadow, now's the time to cut it back



TIME-SAVING CHEAT

For a lush lawn without a feeding regime, invest in a mulching lawn mower. It will chop up cuttings and return them as a high-nitrogen mulch that lawns love.



Spend some time enjoying your garden

AUGUST TO DO

- ◆ Trim topiary and yew, box and beech hedges. Start on your lavender towards the end of the month, cutting back to a neat 23cm (9in) ball that will give you good structure through Winter. This may mean losing the last few flowers, so gather them up for drying.
- ◆ Check roses for black spot and rust, picking off and burning affected leaves. (If they fall to the ground, the spores will linger in the soil.) If the leaves look as if they're covered in flour, this is powdery mildew. Regular deep watering is the solution, and good air circulation. But if the plant is badly affected, you may need to spray with a fungicide. Try to find one that doesn't include an insecticide to be kind to pollinating insects.
- ◆ Cut areas of wildflower meadow. Leave the grass to lie for a day or two before you rake it up, so any remaining flower seeds can drop.
- ◆ Keep wisteria in check by cutting back the whippy green shoots to six leaves.
- ◆ Don't water the lawn. To keep it greener, let your grass grow longer.
- ◆ Hang up a hammock. The garden is slowing down a bit right now, and so can you.

TRY SOMETHING NEW

Showy, drought-resistant, flowering for months on end... what's not to love about agapanthus? National Collection holders Hoyland Plant Centre (somethingforthegarden.co.uk) suggest 'Margaret' as the ideal variety for time-poor gardeners - hardy to -15°C, with masses of mid-blue flowers.

Take in the beautiful borders at tranquil Forde Abbey



GARDENER'S DAY OUT

Picturesque Forde Abbey (fordeabbey.co.uk), a little way inland from Dorset's Jurassic Coast, is the perfect antidote to the holiday hubbub. It's famous for its colossal late-Summer border, but don't miss the many quieter delights, such as the beech bird-hide overlooking the lake. Open daily.



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ABOVE Tidy tatty leaves but leave phlomis seedheads. RIGHT Order bulbs this month to get the best choice BELOW Late-flowering Clematis 'Perle d'Azur'



TIME-SAVING CHEAT

Buy window boxes with built-in reservoirs – not always the prettiest, but ideal for spots that are a chore to reach, or for crops that tend to outgrow their space.

TRY SOMETHING NEW

Stipa gigantea 'Goldilocks' is more compact than other oat grasses (around 150-180cm), yet has the same gorgeous golden panicles, making it well suited to smaller gardens (knollgardens.co.uk).

SEPTEMBER TO DO

- ◆ Send off for your Spring bulbs. Get your early narcissus in by the end of the month. Crocus, scillas and most other bulbs can wait until next month, tulips until November.
- ◆ Don't give up on hanging baskets – a little TLC will keep them going well into Autumn. Once they've faded, replant with some of your Spring bulbs, topped with ivy, cyclamen and ferns, to see you through until March.
- ◆ Take houseplants back indoors.
- ◆ Net your pond before the leaves start to fall.
- ◆ Reseed or re-turf worn patches of lawn, and give it an Autumn feed.
- ◆ Tackle any Summer-flowering perennials that have outgrown their space. Lift each clump, divide it, discard what you don't need (or pot it up to give away). Then replant clumps, helping them on their way with a handful of fertiliser and plenty of well-rotted compost. Remember to water well while the roots re-establish. Tatty perennials will need cutting down. Others with good structure or handsome seedheads, like veronicastrum or phlomis, just need a little tidy.



Silvery *Veronicastrum virginicum* 'Album' and golden crocosmias offer late colour and beautiful structure throughout the Autumn

GARDENER'S DAY OUT

When the restoration of Trentham Gardens (trentham.co.uk) started over a decade ago, it was the biggest garden project in Europe. Now mature, these fabulous Stoke-on-Trent grounds reach a glorious peak in September, with spectacular plantings by Piet Oudolf and Tom Stuart Smith. A great family outing with a lakeside walk and shopping village.



Trentham Gardens have been splendidly restored

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*each refill lasts up to 90 days if used for 12 hours per day at minimum setting.

Breathe Happy

BELOW Protect agapanthus and other borderline-hardy plants ready for Winter



TIME-SAVING CHEAT

An electric weeder, such as the Green Power Thermal Weeder from Hozelock (hozelock.co.uk) with its 600°C thermal shock, will spare your knees and avoid toxic chemicals.

OCTOBER TO DO

- ◆ As the leaves begin to fall, collect them all up into a cage (or a black plastic sack in which you have punched a few air holes), to make leafmould. There is no better soil conditioner.
- ◆ Cover the crowns of your agapanthus with a thick layer of a dry mulch, such as bracken, and do the same with other borderline-hardy plants, such as penstemons, salvias, star jasmine (*Trachelospermum*) and fatsia. If your agapanthus are in pots, wrap in bubblewrap and move somewhere dry.
- ◆ Tuck up exotics, such as bananas or palms, before the first frosts.
- ◆ Make sure all pots are raised on pot feet – this prevents waterlogging, and helps to stop them cracking in the frost.
- ◆ Put your pond to bed. Remove barley straw and put it on the compost heap, clear out any dead foliage, and cut back overgrown marginal plants. If you have gunnera, cut off the leaves and lay them over the crowns, like a tarpaulin.
- ◆ Brush down wooden garden furniture and treat it with linseed oil before putting it away.
- ◆ Sow sweet peas in the second week of October, and overwinter in a cold frame or a sheltered spot, protected from mice and slugs. The plants will grow away quickly in early Spring, and can be planted out in April to flower in June.

Let Autumn borders echo the rust and gold shades of falling leaves

TRY SOMETHING NEW
Introduced at Chelsea last year to huge acclaim, 'Love and Wishes' is a fabulous new salvia with reddish-purple flowers beginning in June and reaching their peak in October. It's relatively small at 80cm, so makes an excellent centrepiece for a container (dysonsalvias.com).



Fiery dahlias light up the borders at Great Dixter

GARDENER'S DAY OUT

Great Dixter, in East Sussex, is an inspiring lesson in just how colourful and interesting your garden can be in October. Try to time your visit with the Autumn plant fair (1-2 October), with a selection from the finest nurseries in Europe (greatdixter.co.uk). □



Dixter's vegetable harvest is beautiful, too

IT WAS LOVE AT FIRST SIGHT

Ever had a sudden urge to up sticks and move somewhere completely different? Two hours after seeing this beautiful manor house in Hampshire, one couple decided to swap city life for the countryside. It was a decision that transformed their family life for ever



LIGHT AND AIRY

ABOVE In the informal dining area at the far end of the kitchen, a portrait of Marilyn Monroe and a colourful chandelier add a lavish touch to the streamlined dining table and benches. The seating was specially commissioned and made in the same wood as the kitchen cupboards. The whimsical wooden letters are from house-owner Sherrie's online store, The Letteroom. **RIGHT** The Meads' Queen Anne manor house is full of character while feeling modern.



Alphabet mugs from the Letteroom filled with flowers make a charming display



WHO LIVES HERE?

The Queen Anne manor house is home to Stephen

and Sherrie Mead, their three children, Georgia, Sebastian and Madeleine, and Roxy, their Rhodesian ridgeback dog. Says Sherrie: 'Though we love the character and the proportions of period houses, we wanted the interior to have a contemporary slant that reflects the age we live in rather than harking back to the past. But we have vintage and antique pieces, too, so it's a mix of old and new.'



FABULOUSLY FUNCTIONAL KITCHEN

The family's serious cook, Stephen, had firm ideas about what he wanted. 'I don't like clutter, so it had to be streamlined and contemporary with plenty of storage,' he says. The original Aga cooker was updated with a dark grey enamel finish, while natural materials such as dark walnut and limestone provide a contrast of texture and colour.





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WARM AND WELCOMING

BELOW AND RIGHT Contemporary armchairs, an ethnic coffee table, a traditional family portrait and an original fireplace create a harmonious atmosphere in the library. With bookcases lining one wall, the room has a pleasantly studious appeal, accentuated by dark walls.

**MAKE AN ENTRANCE**

BELOW The appearance of the original hall was updated with contemporary floral wallpaper and curtains in co-ordinating fabric with a gathered pelmet.

**ALFRESCO LIVING**

LEFT AND FAR LEFT The garden pavilion has a mini kitchen equipped with a sink and fridge. The practical stone floor and woodwork in pale aqua blue contrast with the summery citrus colours of the chair fabric and cushions.





Souk mini chandelier, £94.99, Wayfair (wayfair.co.uk)



Ashbourne upholstered wool dining bench, £825, Oka (okadirect.com)



Marilyn Monroe print, £61.98, King & McGaw (kingandmcgaw.com)



Alphabet mug, £12, The Letterroom (theletterroom.com)

GUEST QUARTERS

LEFT AND BELOW The guest rooms have their own individual style. One has a vintage-style Union Jack offset by pretty floral wallpaper. Another is decked in blue and white, inspired by the antique Swedish armoire.



FEATURE: AMANDA HARLING PHOTOGRAPHY: ANDREAS EINSEIDEL GET THE LOOK COMPILED BY GRACE ALLEN

Shop the LOOK

Recreate Sherrie's mix of traditional and fun accessories



Benji buttoned bed, £1,325, Loaf (loaf.com)

Delphine cushion, £45, India Jane (indiajane.co.uk)



Seaweed cushion, £62, Fabrics & Papers (fabricsandpapers.com)



Bar stool, £299.99, Trendy Products (trendy-products.co.uk)



PRETTY PERFECT

LEFT In the bathroom, delicate hand-printed floral wallpaper contrasts with a boldly patterned blind.

Aluminium metal letters, from £20 each, The Letterroom (theletterroom.com)

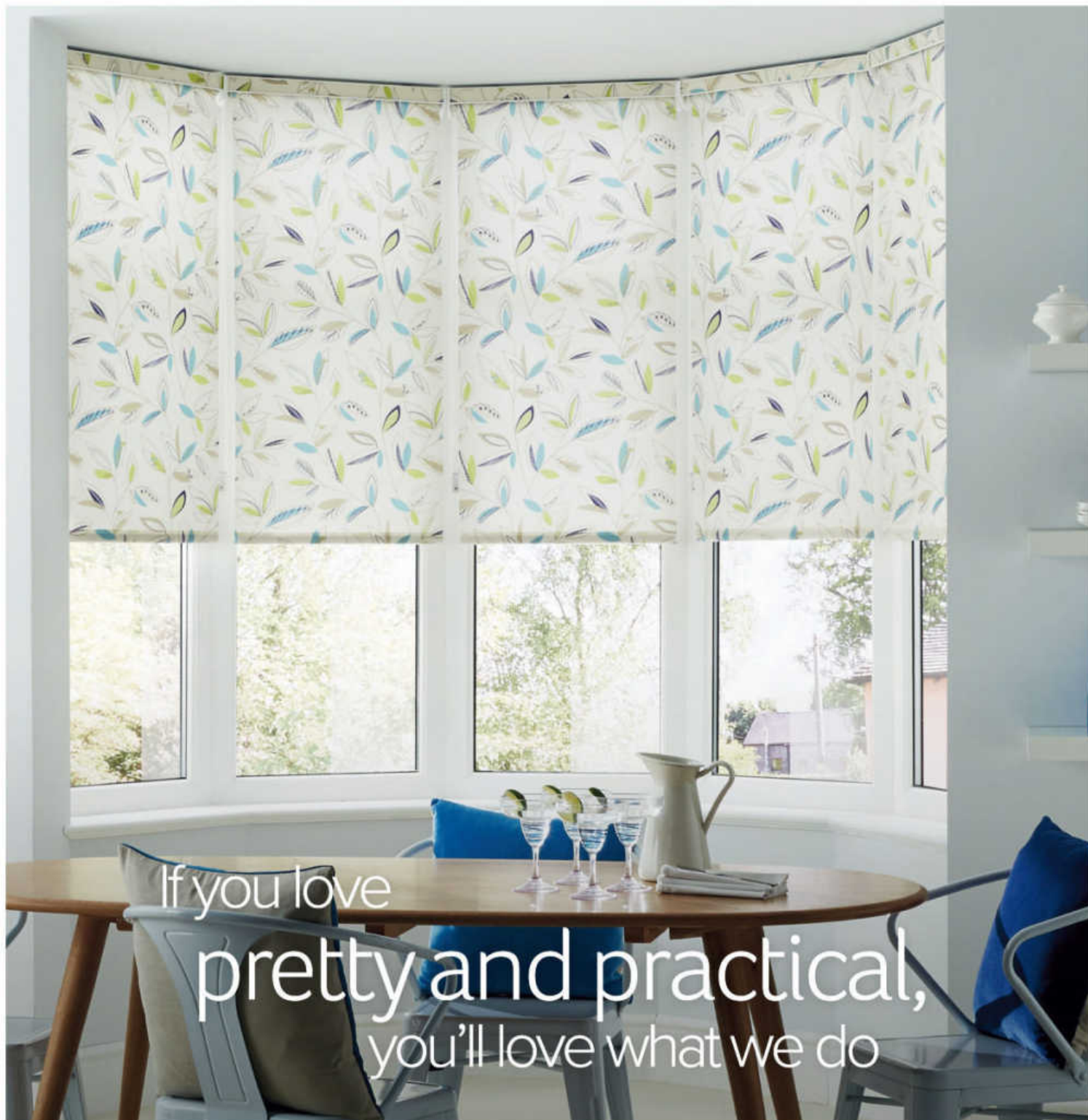


Dunwich sofa in Lindwood Roxburg, £1,569, Multiyork (multiyork.co.uk)

Chinoiserie wallpaper, £20 a roll (grahamandbrown.com)

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Feels like Spring

SCENT OF THE SEASON

Bouquet of Vitality, Cream Piaget and Toulouse Lautrec roses, plus stocks, astrantia, matricaria, mint, rosemary, lavender, eucalyptus and senecio, £115, The Real Flower Company (realflowers.co.uk). Blind made up in Chanter, £104 a metre, Etamine Collection at Zimmer + Rohde (zimmer-rohde.com). Tumblers, £4 each, Anthropologie (anthropologie.com). Table runner, £69, and napkins, £7.50 each, all Designers Guild (designersguild.com). Priya bowls, £12 each, and Turin cutlery, £19 for a 16-piece set, all Habitat (habitat.co.uk)

Spoil yourself with soft shades and sugared pastels – a delightful way to update your wardrobe and your home



MINTY FRESH

Patterned cushion cover,
£3.99, H&M Home

COFFEE BREAK

Ted Baker Portmeirion
footed mug, £20,
House of Fraser

WHIPPET SNIPPET

Embroidered picture, £35,
Poppy Treffry
(poppytreffry.co.uk)

EGG-CELLENT!

Easter egg tin, £4.99,
Gisela Graham
(giselagraham.co.uk)

SWING IT

Bag, £199, Hobbs

SOFT PETAL

Ellie Saab
Le Parfum Rose
Couture, from £34

MELLOW YELLOW

Vernis polish
in Love No 149,
£13.50, Lancôme

IN BLOOM

Narcissi posy, £4,
Marks & Spencer

COVERED IN FLOWERS

Coat, £269, 8-16, Ted
Baker (tedbaker.com)

WELL HEELED

Shoes, £175, 3-8,
LK Bennett

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BAKE ON!

Set of measuring spoons, £2.50, George at Asda

**BRIGHT IDEA**

Bouquet of flexible salix (pussy willow), narcissus and muscari (grape hyacinth). Workshops, from £99, The Judith Blacklock Flower School (judithblacklock.com). Bertjan Pot rug, from a selection, Golran (golran.com)

GREET THE DAY

Easter decoration, two for £3, Sainsbury's

**ENGLISH ROSE**

Dress, £99, 8-18, Phase Eight (phase-eight.com)

CHANGE YOUR TUNE

Roberts Radio Revival mini digital, £124.95, Amazon.co.uk

**HELPING HAND**

Watch, £59.99, Timex (timex.co.uk)

**BEAUTIFULLY DRAPED**

Silk top, £125, 8-18, Jaeger (jaeger.co.uk)

**PATENTLY WONDERFUL**

Bag, £25, House of Fraser

**HAPPY MEAL**

Watercolour plate, £15 for a set of four, BHS (bhs.co.uk)

LIVING MASTERPIECE

Bouquet of anemones, tulips, kangaroo paw hyacinth, ranunculus and guelder roses, from a selection from £50, Grace & Thorn (graceandthorn.com). Tokyo Yellow shelving, from a selection, Montana (montanashop.co.uk). Tethury fabric, from £85 a metre, Bluebellgray (bluebellgray.com). Picardie tumblers, £2.50 each, Habitat (habitat.co.uk). Monsoon Kyoto crockery, from £7.60 for a salad plate, Denby (denby.co.uk). Other items, stylist's own



AQUA FRESH
Aqua Cocoon
hand-cut glass vase,
£54, Oliver Bonas
(oliverbonas.com)



ROSY GLOW
Autograph Pure-Luxe Multi
Blusher, £12.50, Marks & Spencer



ANIMAL INSTINCTS
Shoes, £99, 3-8,
Jones Bootmaker
(jonesbootmaker.com)



CRYSTAL TIPS
Earrings, £49, Tom Shot at
Cadenzza (cadenzza.co.uk)

SKY BLUE
Leifarne chair, £50, Ikea



SWEET EATS
Luxury Fudge Selection,
£5, Marks & Spencer

COSY ON THE MOVE
Travelling rug,
£15, Hema
(hemashop.com)

CIRCLE OF LOVE
Ring, £49, Ted Baker
at Cadenzza
(cadenzza.co.uk)

POT LUCK
Creative Tops
Katie Alice
teapot, £17.39,
Amazon.co.uk

CITRUS BURST
Jacquard cushion cover,
£7.99, H&M Home (hm.com)

FEATURE: GRACE ALLEN, GILLIAN DAVIES, MADELINE BURKITT, JO ATKINSON

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One sentence recipe

Chocolate Easter Wreath

Melt together **275g (10oz) chopped plain chocolate**, **100g (3½oz) butter** and **75g (3oz) golden syrup**; stir in **200g (7oz) crumbled digestives** and **75g (3oz) each mini marshmallows and chopped mini eggs** – shape mixture into a wreath on a baking parchment-lined board, drizzle with **melted white chocolate** and decorate with **mini eggs**; chill before serving. Serves **12**



Food à la mode...

40 of the hottest new trends, tastes and techniques



Easter feast

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Spring treats sorted!

Delightful bakes to welcome the season in style



Best bakes EVER!



It wouldn't be Easter without sugar, spice and chocolate. From a stunning twist on the traditional Simnel to biscuit bunting, there's something for everyone in our selection of Triple-Tested treats. So let's get baking!

PHOTOGRAPHS **KATE WHITAKER**



Spiced Chocolate Hot Cross Buns

Served just warm, these buns are full of melting chocolate chunks that mingle with our fluffy orange butter... Now that's something to enjoy!

Hands-on time **30min**, plus rising and cooling. Cooking time about **30min**. Makes **12**

- ◆ 200ml (7fl oz) milk
- ◆ 300g (11oz) strong white flour, plus extra to dust
- ◆ 300g (11oz) plain flour
- ◆ 7g sachet fast-action dried yeast
- ◆ 2½tsp mixed spice
- ◆ 75g (3oz) caster sugar
- ◆ 60g (2½oz) butter, very soft, plus extra to grease
- ◆ 1 large egg, beaten
- ◆ 125g (4oz) sultanas
- ◆ 100g (3½oz) plain chocolate chunks

FOR THE DECORATION AND GLAZE

- ◆ 3tbsp plain flour
- ◆ Runny honey, to glaze

- 1 Heat milk and 75ml (3fl oz) water until almost boiling – there should be bubbles around the inside edge of the pan. Set aside until lukewarm.
- 2 Sift flours into the bowl of a freestanding mixer fitted with a dough hook. Mix in yeast, spice, sugar and 1tsp salt. Add butter, egg and milk mixture. Mix on medium speed for 5-10min until dough is smooth and elastic. If you don't have a freestanding mixer, do this by hand, kneading dough for 10min.
- 3 Return dough to a clean, greased bowl. Cover with greased clingfilm; leave to rise in a warm place until risen and doubled in size – about 1½hr.
- 4 Line a large baking sheet with baking parchment. Punch dough down, then knead in sultanas and chocolate chunks. Divide dough into 12 equal pieces (weigh for best results). Shape each piece into a ball and arrange balls in a circle on the baking sheet, almost touching. Cover again with greased clingfilm and leave in a warm place to rise again for 45min until soft and pillowy.
- 5 Preheat oven to 190°C (170°C fan) mark 5. For the decoration, in a small

bowl, mix flour and 5tsp water to make a thick paste. Scrape into a piping bag and snip a 5mm (¼in) opening. Uncover buns and pipe on crosses. Bake in the oven for 25-30min until risen and golden.

6 Carefully transfer bun wreath to a wire rack. Brush warm buns with honey to glaze (try not to disturb melted chocolate). Serve just warm or at room temperature with Whipped Orange Butter – see right.

PER SERVING (without butter) **354cals, 8g protein, 8g fat (4g saturates), 61g carbs (22g total sugars), 3g fibre**



Tradition with a twist

Whipped Orange Butter

Wonderful with our (or any) hot cross buns.

Whisk together **125g (4oz) softened unsalted butter, 25g (1oz) sifted icing sugar** and the **zest and juice of 1 orange** until fluffy and combined (have patience, it will come together!). Cover and chill until needed. Soften at room temperature for 10min before serving.

PER SERVING (1tsp) **25cals, 0g protein, 2.5g fat (2g saturates), 1g carbs (1g total sugars), 0g fibre**



Lemon and Poppy Seed Pancakes

Light, zesty and easy, these puffed pancakes are a delectable start to your day.

Hands-on time **25min.**

Cooking time **about 15min.**

Makes **12 pancakes**

- ◆ 200g (7oz) plain flour
- ◆ 75g (3oz) caster sugar
- ◆ 2tsp baking powder
- ◆ 150ml (5fl oz) milk
- ◆ Finely grated zest and juice of 2 lemons, plus wedges to serve
- ◆ 1 medium egg
- ◆ 40g (1½oz) poppy seeds
- ◆ 2tbsp oil

TO SERVE

- ◆ Yogurt
- ◆ Runny honey

1 Sift flour into a large bowl; stir in sugar, baking powder and ¼tsp salt. Make a well in centre.

2 In a large jug, whisk milk, lemon zest and juice, egg and poppy seeds to combine. Add to the well in the dry ingredients. With a wooden spoon, gradually draw flour into wet ingredients until just combined.

3 Heat a large non-stick frying pan over low-medium heat and brush with some oil. Cooking in batches, spoon in batter to make 10cm (4in) wide pancakes, spacing 2cm (¾in) apart. Fry for 2-3min or until edges are dry and bubbles pock the surface. Flip and cook for 2min more. Transfer pancakes to a plate; cover with foil to keep warm. Carefully wipe pan with kitchen paper, and repeat with more oil and batter.

4 Serve pancakes with yogurt, honey and lemon wedges.

PER SERVING (3 pancakes, 2tbsp yogurt, 1tbsp honey)
480cals, 14g protein, 14g fat (3g saturates), 74g carbs (38g total sugars), 2g fibre

New brunch favourite





Great with a cup of tea

Nutella Banana Bread

To enjoy this decadent loaf at its best, make sure your bananas are as ripe as can be.

Hands-on time **20min, plus cooling.**

Cooking time **about 1hr 20min.** Serves 8

- ◆ 50ml (2fl oz) sunflower oil, plus extra to grease
- ◆ 2 large eggs, beaten
- ◆ 200g (7oz) caster sugar
- ◆ 3 large, very ripe bananas, mashed
- ◆ 225g (8oz) full-fat plain yogurt
- ◆ 300g (11oz) self-raising flour
- ◆ 1tsp bicarbonate of soda
- ◆ 150g (5oz) Nutella

TO DECORATE, OPTIONAL

- ◆ 100g (3½oz) Nutella
- ◆ 1tbsp milk
- ◆ Chopped roasted hazelnuts, to scatter

1 Preheat oven to 180°C (160°C fan) mark 4. Grease and line a 900g (2lb) loaf tin with baking parchment, making sure it comes 2.5cm (1in) above edge of tin. In a large bowl, whisk oil, eggs and sugar with a handheld electric whisk until pale, about 5min.

2 Fold in mashed bananas and yogurt, followed by flour and bicarbonate of soda. Weigh 400g (14oz) of this batter into another bowl and fold in Nutella.

3 Dollop alternate spoonfuls of plain and Nutella batter into prepared tin, then swirl to marble with a cutlery knife. Bake for 1hr 15min-1hr 20min until a skewer inserted into centre comes out clean. Cool in tin.

4 To decorate, if you like, mix Nutella and

milk and drizzle over loaf. Scatter over hazelnuts and serve in slices.

PER SERVING 595cal, 10g protein, 22g fat (6g saturates), 88g carbs (60g total sugars), 3g fibre

TO STORE Make to end of step 3.

Cool, remove from tin, wrap in clingfilm and store in an airtight container at room temperature for up to 1 week.

TO FREEZE Make to end of step 3.

Cool, remove from tin, wrap in clingfilm and freeze for up to 3 months. Alternatively, slice, wrap and freeze individual slices.

To serve, defrost at room temperature.



Speckled Egg Cupcakes

A fail-safe chocolate cupcake recipe.

Hands-on time **30min, plus cooling.**

Cooking time **about 25.** Makes **12**

◆ **75g (3oz) plain chocolate, finely chopped**

◆ **40g (1½oz) cocoa powder**

◆ **175ml (6fl oz) hot coffee**

◆ **100g (3½oz) plain flour**

◆ **150g (5oz) granulated sugar**

◆ **½tsp bicarbonate of soda**

◆ **100ml (3½fl oz) vegetable oil**

◆ **2 medium eggs**

◆ **2tsp white wine vinegar**

FOR THE ICING AND DECORATION

◆ **225g (8oz) unsalted butter, softened**

◆ **450g (1lb) icing sugar, sifted**

◆ **1tbsp milk**

◆ **1tsp vanilla extract**

◆ **Light blue and/or green food colouring paste/gel**

◆ **1tbsp cocoa powder**

◆ **36 mini chocolate eggs**

1 Preheat oven to 180°C (160°C fan) mark 4. Line a muffin tin with paper cases – we used brown to match the chocolate.

2 To make the cakes, put chocolate into a large bowl and add cocoa powder and hot coffee. Whisk until smooth. Set aside to cool. In a separate bowl, mix flour, sugar, bicarbonate of soda and a pinch of salt.

3 Whisk oil, eggs and vinegar into cooled chocolate mixture. Add flour mixture and whisk to combine. Divide among cases and bake for 20–25min until set and just firm to the touch. Cool completely (in cases) on a wire rack.

4 To make the icing, using a freestanding mixer or handheld electric whisk, beat butter in a large bowl until smooth. Add icing sugar and, starting slowly, beat to combine. Beat in milk and vanilla until smooth and fluffy. Dye icing duck egg blue (we used a mix of blue and green food colours).

5 Scrape buttercream into a piping bag

fitted with a plain nozzle about 1.5cm (¾in) wide. Pipe on to the cooled cakes and decorate each with three mini chocolate eggs. In a small bowl, mix the 1tbsp cocoa powder and just enough water to make a loose paste. Dip a small clean stiff bristle paintbrush/toothbrush into cocoa mixture and, holding it near a cupcake, brush your fingers over bristles to fleck cocoa mixture on to the buttercream. Repeat to cover cupcakes with flecks. Serve.

PER SERVING 534cal, 4g protein, 27g fat (14g saturates), 68g carbs (60g total sugars), 1g fibre

GET AHEAD

Prepare to end of step 3 up to a day ahead. Once cool, store cupcakes in an airtight container at room temperature. Complete recipe to serve.

TO STORE

Iced cakes will keep in an airtight container at room temperature for up to 3 days.

Prepare-ahead bakes



Egg and Spoon Bunting

Use your favourite Easter cutters to create edible bunting. We used egg and spoon cutters from craftcompany.co.uk.

Hands-on time **1hr, plus chilling, cooling and setting.**
Cooking time **about 15min.**
Makes **about 15 biscuits**

- ◆ 225g (8oz) plain flour, plus extra to dust
- ◆ 50g (2oz) unsalted butter, softened
- ◆ 50g (2oz) caster sugar
- ◆ Finely grated zest 1 lemon
- ◆ 1 medium egg, beaten
- ◆ 50g (2oz) golden syrup

FOR THE ICING

- ◆ 275g (10oz) icing sugar, plus extra to dust
- ◆ About 300g (11oz) fondant icing (assorted colours)

YOU WILL ALSO NEED

- ◆ Egg and spoon cutters
- ◆ Skewer
- ◆ String, to hang

1 To make biscuits, in a food processor whiz flour, butter, sugar and zest until mixture resembles breadcrumbs. With motor on, add egg and syrup and whiz until dough clumps together. Tip on to a work surface, bring together into a disc, wrap in clingfilm and chill for 15min. If you don't have a processor, rub butter into flour with fingertips; stir in sugar and zest, then mix in egg and syrup to make a dough. Shape, wrap and chill as above.

2 Preheat oven to 180°C (160°C fan) mark 4 and line two large baking sheets with baking parchment. Lightly flour work surface and roll out dough to 3mm (¼in) thick. Stamp out egg and spoon shapes, rerolling trimmings as needed. Use a skewer to make two holes at the top of each biscuit (to thread string through). Transfer to lined sheets, spacing apart.

3 Bake for 12-15min until edges are lightly golden. Cool on sheets for 5min, enlarging holes if needed while biscuits are warm. Cool completely on wire rack.



Fun to make with children

4 Lightly dust a work surface with icing sugar and roll out fondant (one colour at a time) to 5mm (¼in) thick. Use egg and spoon cutters to cut out shapes. Brush biscuits with a little water, then stick on fondant. Use the skewer to poke holes

through icing where holes are.

5 In a medium bowl, mix icing sugar with 2tbsp water to form a pipable icing – add up to 1tsp more water if needed. Pipe decorations on to iced biscuits. Allow icing to set before threading and hanging.

PER BISCUIT 249cals, 2g protein, 3g fat (2g saturates), 52g carbs (41g total sugars), 1g fibre

TO STORE Iced and set biscuits will keep in an airtight container at room temperature for up to 4 days.





Easter Rainbow Cake

This stunning centrepiece is made with Simnel-inspired flavours. It tastes as good as it sounds!

Hands-on time **1½hr, plus cooling and chilling**. Cooking time **about 1½hr**. Serves **about 30**

- ◆ Oil, to grease
- ◆ 200g (7oz) raisins
- ◆ 550g (1¼lb) unsalted butter, softened
- ◆ 750g (1lb 10½oz) light brown soft sugar
- ◆ 1tbsp vanilla extract
- ◆ 1tbsp mixed spice
- ◆ Finely grated zest 1 orange, plus 1tbsp juice
- ◆ Finely grated zest 1 lemon, plus 1tbsp juice
- ◆ 12 medium free-range eggs
- ◆ 850g (1lb 14oz) plain flour, sifted
- ◆ 2tbsp baking powder
- FOR THE BUTTERCREAM**
- ◆ 825g (1lb 13oz) unsalted butter, softened
- ◆ 1.5kg (3¼lb) icing sugar, sifted, plus extra to dust
- ◆ 1tbsp almond extract
- ◆ 3-5tbsp milk
- ◆ Yellow, green, blue, purple and pink food colour paste/gels
- ◆ Mini chocolate eggs

- 1** Preheat oven to 180°C (160°C fan) mark 4. Lightly grease two 20.5cm (8in) round, loose-bottom cake tins, each about 9cm (3½in) deep. Line bases and sides with baking parchment, making sure parchment is 4cm (1½in) taller than sides of tins. Wrap outside of tins with a strip of newspaper, seven layers thick, secure in place with string and trim to same height as parchment.
- 2** To make cakes, in a small pan bring raisins and 175ml (6fl oz) water to boil. Set aside. In a very large mixing bowl, using a handheld electric whisk, beat butter, brown sugar, vanilla, mixed spice and citrus zests until light and fluffy, about 5min. Beat in eggs one at a time. Beat in a little of the flour if mixture begins to curdle.
- 3** Whiz raisin mixture to a smooth purée in a food processor. Fold flour, baking powder, raisin mixture and citrus juices into butter mixture. Divide between prepared tins and smooth the tops. Bake for 1hr 25min-1hr 30min or until cakes are risen, springy to touch and a skewer inserted into the centre comes out clean. Cool completely in tins, covered with a clean tea towel.

4 If you do not have a large enough bowl, make buttercream in two batches. In a very large mixing bowl, beat butter with a handheld electric whisk until soft. Add half icing sugar and, starting slowly, beat to combine. Add remaining icing sugar and the almond extract and beat (slowly at first) until light and fluffy – about 3min. Beat in enough milk to make a thick but easily spreadable consistency.

5 Spoon 1.1kg (2½lb) buttercream into a separate bowl and set aside. Split remaining icing evenly among five bowls (weigh for best results, each about 250g/9oz). Dye each of these five icings to the desired shade using food gels, then spoon into five separate disposable piping bags.

6 Remove cakes from tins, peel off baking parchment and slice both in half horizontally with a serrated knife. Spread a little reserved plain buttercream on to a cake stand or plate. Using more plain icing,

sandwich sliced cakes back together on stand/plate, making sure top layer is a cake base, cut-side down (this will ensure top of cake is smooth and flat). Use remaining plain buttercream to spread a generous layer on top of cake and a scant layer on sides. Chill for 20min.

7 Snip 1cm (½in) off end of each piping bag. Pipe a vertical line of seven dots on to side of cake, each about 2cm (¾in) wide

and 2cm (¾in) deep, starting from the top and repeating the colours in the order: **yellow, green, blue, purple, pink**. Using a separate teaspoon for each colour, smear half of each icing dot on to cake in a horizontal line about 5cm (2in) long. On to smeared icing, pipe another row of vertical dots, starting at the top again with the next colour in the repeated series (eg, green). Smear as before, then repeat process starting with the third colour (blue), etc. The pattern will become apparent! Repeat piping and smearing until cake is covered. There will be a tiny gap where the final row of dots meets your first line of icing – make this the back of the cake.

8 Pile mini chocolate eggs on top of the cake and serve in slices.

GET AHEAD Prepare to end of step 3 up to a day ahead. Once cool, remove from tins, wrap well in clingfilm and store at room temperature. Complete recipe to serve.

TO STORE Finished cake will keep in an airtight container (or loosely wrapped in foil) at room temperature for up to 2 days. □



Indulge & impress

If you're passionate about premium chocolate, delve into Divine's delicious range

With the arrival of Spring, there's always an occasion to share some chocolate over a cup of coffee. Whether it's relaxing with a friend or rounding off a family meal this Mothering Sunday, Divine chocolate is the ideal indulgence. Choose from 70% Dark Chocolate with Raspberries – velvety rich, with bursts of real raspberries – or Milk Chocolate with Toffee & Sea

Salt – smooth with a dash of sea salt to balance the sweet crunch of toffee. Plus, these mouthwatering flavours are now available as Easter eggs – what better way to show your loved ones how special they are? Divine's products are all Fairtrade and, because the company is part owned by the farmers who grow and harvest the cocoa, you can truly share the joy this Easter.



The Divine Raspberry 70% Dark Chocolate Egg and Divine Toffee & Sea Salt Milk Chocolate Egg are available from Asda, Oxfam, Liberty and divinechocolate.com. Divine chocolate bars (in these flavours and more) are also available from Waitrose, WHSmith, Ocado, Booths and independent stores. For chocolate recipes, competitions and more about Divine, visit divinechocolate.com



THE NEW TASTES:
*What to COOK,
EAT and DRINK
RIGHT NOW!*



Must-have ingredients, the latest flavour sensations and clever ways to shop. You'll know what they are and how to use them with this collection of Triple-Tested recipes and news from our Cookery Team

PHOTOGRAPHY MYLES NEW

1

HONEY IS QUEEN BEE

Pooh Bear's treat of choice is having a moment – and we couldn't be happier. With honey bee colonies in decline, urban beekeeping has become popular, and the diversity of the flowers within cities leads to exciting and complex honey.

2

HONEY CAKE
We used the Nordic Ware Heritage Bundt tin, £34.99,

Lakeland (lakeland.co.uk). Preheat oven to 170°C (150°C fan) mark 3. In a small pan, melt **250g (9oz) unsalted butter**, **250g (9oz) runny honey** and **125g (4oz) light brown soft sugar** over low heat. Boil for 1min, then cool for 15min (stirring occasionally). Liberally grease a 25.5cm (10in) bundt tin with **butter**, then dust with **flour** (tap out excess). Sift **350g (12oz) self-raising flour** and **1½tsp bicarbonate of soda** into a bowl. Make a well in centre and add **4 beaten medium eggs**, **125g (4oz) full-fat plain yogurt** and honey mixture. Mix until smooth. Pour into prepared tin and bake for 40-45min, until a skewer inserted comes out clean. Cool in tin for 10min, then invert on to a wire rack. While warm, brush with more **honey**. Cool completely. Drizzle with **honey** to decorate. Serves **10**. **PER SERVING (without extra honey)** 468cals, 7g protein, 24g fat (14g saturates), 57g carbs (32g total sugars), 1g fibre **TO STORE** Store in an airtight container at room temperature for up to 3 days.

WE'LL DISCOVER OIL

There's renewed interest in favourites such as avocado and rapeseed oils, but this year more innovative offerings like apricot kernel, pistachio, argan and pumpkin seed oils will come to the fore, too. Indeed, Waitrose has reported rapeseed overtaking olive as the fastest-selling oil in the UK*. Interestingly, people have been using rapeseed oil for years under the guise of vegetable oil. However, to reap the benefits of rapeseed oil you need to buy it cold-pressed; oil is gently pressed from seeds at temperatures below 40°C to ensure the natural goodness of the seeds is preserved.

4



3

THREE PRODUCTS WE'RE BUZZING ABOUT

ROWSE MANUKA 10+ HONEY (£11.99 for 250g, widely available) Manuka has long been prized for its immune-boosting properties, and as such is sold at premium prices. Rowse has recently launched a campaign to call for tighter regulations for Manuka honeys, as it fears British shoppers are wasting £20m a year on fake products that don't contain enough of the unique Manuka properties. When buying Manuka honey, look for an NPA rating +5, +10 or +15 or the letters UMF (unique Manuka factor) on the label.



BEE POLLEN

Collected by bees and packed into small balls to be stored in the hive, pollen contains carbohydrates, protein, free amino acids, fats, vitamins, minerals and antioxidants. This new superfood apparently boosts energy levels, helps treat allergies and aids digestion, too. Enjoy it sprinkled over cereal, added to smoothies or mixed into salad dressing. It has a gentle, honey-like flavour, but don't expect a delicious snack! We tried Daylesford Bee Pollen, £4.99 for 100g, Ocado.



HONEYCOMB The honey in honeycomb is in its purest form, and the waxy honeycomb is packed full of nutritional goodness and antioxidants. Like bee pollen, honeycomb is eaten for its health benefits. We think the Cartwright & Butler Honeycomb in a beekeeper's frame (£50, cartwrightandbutler.co.uk) is a stunning showcase for this natural beauty. Alternatively you can buy its delicious jars of honey with a slab of comb inside – ideal on toast.



JAPANESE WHISPERS...

While Korean cuisine saw massive popularity in 2015, in 2016 another Asian food influence takes the stage: Japanese. Famed for its minimalism, precision and subtlety, it's no wonder such morsels as Scratchings with Yuzu Kosho Dip and Beef Tataki with Onion Ponzu and Garlic Crisps won London's Kurobuta restaurant the OpenTable's Diner's Choice 2015 award. It's now easier than ever to enjoy this native food at its best.

5

STEAMED BBQ PORK BUNS DF

To make the dough, mix 150g (5oz) plain flour, 2tsp caster sugar, ½tsp baking powder, ½tsp fast-action dried yeast, ½tbsp vegetable oil and ¼tsp salt. Add 85ml (3¼fl oz) lukewarm water and mix, then knead on a floured surface for 10min. Shape into a ball; return to greased bowl. Cover with clingfilm and leave to rise for 1hr. Meanwhile, in a pan heat 75g (3oz) tomato ketchup, 1tbsp soy

sauce, ½tsp smoked paprika, 1tbsp runny honey, ½tbsp Dijon mustard and a few dashes Worcestershire sauce until bubbling. Off heat, mix in 225g (8oz) shredded ham hock and 2 finely sliced spring onions. Shape risen dough into 8 balls. Roll balls into 12.5cm (5in) rounds. Spoon ½ filling into centre of each, gather dough over filling and pinch to seal. Place buns on squares of baking parchment. Cover with greased

clingfilm; leave to rise for 15min. To steam, arrange in tiered bamboo steamer (on parchment squares). Set steamer in a large pan of boiling water with water level lower than base of steamer. Cover pan and steamer with foil; simmer for 12-15min until buns are shiny and feel bouncy. Serve with a soy dipping sauce, if you like. Makes 8. **PER BUN 135cals, 9g protein, 2g fat (1g saturates), 19g carbs (5g total sugars), 1g fibre**



SMOKIN' 6

Our growing love affair with American BBQ and Nordic cuisine has brought forward a key flavour trend – smoke! It's an age-old method to preserve food, widely used in the era before refrigeration was available. Waitrose predicts home smoking kits will be red hot in 2016, and we'll be infusing everything from cocktails and vegetables to butter and eggs. DIY kits do away with the need for elaborate smoking chambers and allow enthusiasts to be more adventurous with the wood they burn and the food they smoke.

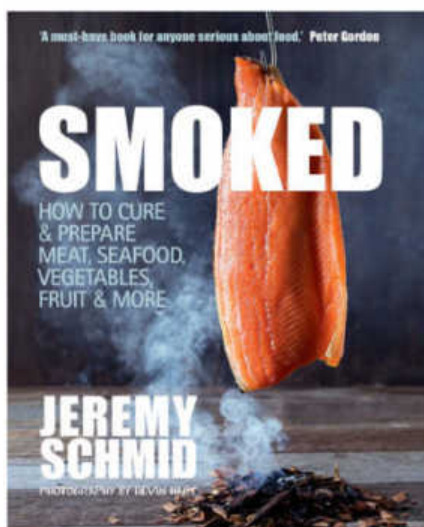
7

EARL GREY TEA-SMOKED SALMON GF DF

The fish is set on a wire rack in a

roasting tin above the smoking tea – make sure your kitchen is well ventilated!

In a medium bowl, mix **250g (9oz) cooked chopped beetroot**, **2 peeled, segmented oranges**, **2 x 400g tins drained lentils**, **1tbsp extra virgin olive oil**, **1tbsp balsamic vinegar** and a **bunch of chopped parsley**. Set aside. Line a large roasting tin with foil. Add **100g (3½oz) dried rice**, **100g (3½oz) granulated sugar** and a **handful of Earl Grey tea leaves**; mix. Set a wire rack in the tin over rice mixture. Brush **4 skin-on salmon fillets** with **2tsp oil** and lay skin-side down on the rack. Cover tin with a tent of foil (not touching fish), crimping edges to seal. Cook over medium-high hob heat for 8min. Remove tin from heat and set aside for 5min to infuse. Carefully remove foil – there will be smoke! Flake salmon (leaving skin on) into salad and serve. Serves 4.
PER SERVING 419cals, 28g protein, 19g fat (3g saturates), 29g carbs (12g total sugars), 10g fibre



8

Smoked: How To Cure & Prepare Meat, Seafood, Vegetables, Fruit & More by **Jeremy Schmid** (New Holland Publishers) covers everything you need to know about home-smoking – from building your own cold smoker (in a barrel!) to selecting the right type of wood to burn. Real caveman stuff!

9

The easiest way to impart smoked flavour to food is with **liquid smoke** (bottled natural woodsmoke condensed in water). Add a dash to marinades or meats/fish – but use sparingly, as it's strong. Try **Colgin Pecan Liquid Smoke** (£2.75 for 118ml, souschef.co.uk) for a sweet, smoky hit.



10

A PICKLING REVOLUTION

Pickling dates back thousands of years, but has recently gained in popularity – Nigella Lawson says she is pickling like mad, and Lakeland has seen sales of its Preserving Starter Kit (for pickles and jams) increase by 45%*. It doesn't reap the same nutritional benefits as fermenting (see trend 38) as it uses vinegar and heat to preserve, which cause nutrients to be lost. However, it is ideal for using up a glut of produce, and adds flavour and texture to meals.

PICCALILLI DF V

Delicious with ham or on a Ploughman's board.

In a large non-metallic bowl, mix 350g (12oz) small cauliflower florets, 250g (9oz) small broccoli florets, 3 courgettes cut into 1.5cm (½in) pieces, 200g (7oz) green beans cut into 5cm (2in lengths), 150g (5oz) peeled and halved/quartered shallots (depending on size), 250g (9oz) salt and enough water to cover vegetables. Cover bowl with clingfilm and leave overnight. Drain and rinse veg. In a large pan, heat 1 litre (1½ pint) white wine vinegar, 1 crushed garlic clove, 2.5cm (1in) piece grated fresh ginger, 250g (9oz) granulated sugar, 2tbsp

mustard seeds; bring to simmer. Add veg and simmer for 5-8min until just cooked, but crunchy. Lift out vegetables with a slotted spoon and set aside. In a small bowl, mix 200ml (7fl oz) white wine vinegar, 75g (3oz) plain flour, 2tbsp turmeric and 1tbsp mustard powder. Stir into pan, bring to the boil, whisking occasionally. Simmer for 5-7min until thickened and glossy. Return veg to pan; mix. Spoon into sterilised wide-neck jars and seal. Cool completely. Store in a cool dry place for up to 3 months; chill after opening. Makes about 2.6kg (5lb 12oz).

BEETROOT PICKLED EGGS GF DF V

As with all pickling, sterilise equipment first. Make sure to use British Lion Quality stamped eggs.

Cook 6 large eggs in a pan of boiling water for 12min. Lift into a bowl of ice-cold water and cool. Peel and put into a 900ml (1½ pint) sterilised jar. In a medium pan, heat 200g (7oz) chopped cooked beetroot (plus juices), 300ml (½ pint) cider vinegar, 1tsp mustard seeds, 2 sliced shallots, 8 black peppercorns, 2tbsp granulated sugar and 100ml (3½fl oz) water until sugar dissolves. Bring to boil; simmer for 5min. Pour liquid into egg jar. Seal, cool and chill. The eggs will be ready after 3 days,

but will last for up to 3 weeks in fridge. Makes 6 pickled eggs.

PICKLED GINGER DF V

Only very young ginger will turn pink, so don't worry if yours stays yellow. Great with Japanese dishes.

Peel 200g (7oz) fresh ginger and slice very thinly. Put in a bowl, mix in 1tsp salt and leave for 1hr. Dry with kitchen paper, then put into sterilised jar(s). In a pan, heat 250ml (9fl oz) rice vinegar and 125g (4oz) granulated sugar, stirring to dissolve sugar. Bring to boil, simmer 1 min. Pour into jar(s) and seal. Once cool, store in the fridge. Use within 2 months. Fills a 500ml (17fl oz) jar.

PICCALILLI

PICKLED GINGER

BEETROOT PICKLED EGGS

GREEN GODDESS



AÇAÍ BERRY BLAST



11

WE  SMOOTHIE BOWLS

Just as they sound! But ditch the straw and grab a spoon, as these beauties are thicker than regular smoothies. A great choice for breakfast (and to boost your five-a-day), and you can get creative with fruit and vegetable toppings for texture and crunch.

GREEN GODDESS GF DF V

In a blender, whiz 75ml (3fl oz) apple juice, 1 frozen chopped banana, juice ½ lime, 1 large handful spinach, ¼ avocado and 100g (3½oz) pineapple. Top with extra pineapple, banana and granola, if you like. Makes 1. **PER SERVING** 281cals, 3g protein, 9g fat (2g saturates), 45g carbs (41g total sugars), 6g fibre

AÇAÍ BERRY BLAST GF V

In a blender, whiz 50ml (2fl oz) milk, 1 frozen chopped banana, 1tbsp açai powder, 75g (3oz) strawberries, 75g (3oz) blueberries and 1tsp honey. Top with extra fruit, chopped pistachios and coconut flakes, if you like. Makes 1.

PER SERVING 318cals, 2g protein, 3g fat (2g saturates), 14g carbs (12g total sugars), 3g fibre



GOURMET GOAT

Tasting like lamb but with a firmer texture, goat has had a starring role with celeb chefs and upmarket restaurants for a while. But now the meat is about to go mainstream through Ocado, thanks to James Whetlor and his Cabrito goat meat. James spent two years persuading farmers to pass their billies (males) on to him to raise for meat rather than having them killed (as only females are kept for the dairy industry). Give this ethical meat a try – it's low in fat, high in protein and iron and you won't be disappointed.

JAMAICAN GOAT CURRY

Put **2 chopped onions**, **5 peeled garlic cloves**, **75g (3oz) peeled and roughly chopped fresh ginger** and **2 chopped red chillies** into the small bowl of a food processor. Whiz to a purée. Heat **3tbsp oil** in a large flame-proof casserole (that has a lid) and fry purée, **2tbsp curry paste** (we

used Patak's Mild Curry Paste) and **3 thyme sprigs** for a few min. Add **750g (1lb 10½oz) goat or mutton shoulder**, cut into 2.5cm (1in) chunks and fry, stirring occasionally, for 5min. Stir in **400g tin chopped tomatoes** and **500ml (17fl oz) lamb or chicken stock**. Bring to boil, cover and simmer for 2¼hr. Remove lid and add **500g (1lb 2oz) chopped**

potatoes for final 30min of cooking. Check goat is tender – if not, cook a little longer. Discard thyme sprigs. Check seasoning, stir through a **large handful chopped coriander** and serve with **rice**. Serves 4. **PER SERVING 463cals, 48g protein, 15g fat (2g saturates), 32g carbs (9g total sugars), 5g fibre**

12



13 YOU'RE GOING TO WANT A DEHYDRATOR

Move over spiralizers! A new kitchen gadget is about to take over. We predict the dehydrator is going to be the go-to product for healthy-eating aficionados. It's ideal for making dried veg/fruits and fruit leathers at a fraction of the usual purchase price, and you can make your own air-dried meats or dried herbs, too.

- The pros and cons** ✓ Money-saver if you regularly eat dried fruit. ✓ Healthier than some shop-bought equivalents as there are no added sugars/sulphites. ✗ Lengthy drying times of three to 36 hours. ✗ For bulk drying, it's necessary to rotate trays for even results.

FRUIT LEATHER GF DF V

If you don't have a dehydrator, you can still try this using your oven. If you like, add a little honey to the pan for extra sweetness.

Preheat oven to 70°C (50°C fan), or the lowest temperature your gas oven will go. Line a rough 23 x 29cm (9 x 11½in) baking tray with baking parchment and lightly oil surface. In a medium pan, gently heat 225g (8oz) chopped Bramley apples, 175g (6oz) raspberries, 325g (11½oz) halved strawberries (covered) for about 15min, stirring often, until pulpy. Sieve on to prepared tray; spread evenly. Dry in oven for 12hr or until completely dry. Cut into 4cm (1½in) long strips (through parchment) and roll up in parchment paper. Makes about 6.

PER SERVING 41cals, 1g protein, 0g fat (0g saturates), 8g carbs (8g total sugars), 0g fibre
TO STORE Keep in an airtight container at room temperature for up to 2 weeks.

14 DRIED & TESTED!

The GHI tested five of the bestselling dehydrators – here's their top choice:

WINNER

L'Equip FilterPro Dehydrator 84/100 £179

Comes with: six trays (but can take up to 20); LED display; manual timer and temperature dial; Dimensions: H30.7 x W30.5 x L43.2cm.

- Dried fruit and vegetables evenly and maintained their vibrancy.
- Herbs dried quickly, in under 2hrs, with consistent results.
- Display shows time remaining or set temperature.
- Plastic inserts stop food sticking to trays.
- No viewing window, so you have to open dehydrator to check progress.
- Fruit and veg needs to be cut uniformly.
- Not dishwasher-safe. **Stockist: ukjuicers.com**



15 COFFEE TIMES ARE A-CHANGING

A cafetière or filtered cup is no longer *de rigueur* – and we have the US to thank for these new trends:

COLD BREW COFFEE has coffee connoisseurs

excited – think craft brewery does coffee. Not to be confused with iced coffee, in cold brewing the coffee grounds are steeped in room temperature water for up to 24hr, resulting in a concentrated coffee essence. This essence is then diluted with additional water to serve hot or cold.

BULLETPROOF COFFEE, also known as Paleo coffee, is perhaps less tempting than its name implies. It's made with the addition of (grass-fed) butter and (usually coconut) oil, and fans say the caffeine combines with the fats to slowly release its effects into the body over a longer period of time, giving you energy and keeping you feeling fuller for longer. Our verdict? The greasy feeling on the upper lip when drinking was unpleasant, as were the yellow fat droplets. Yes, we felt fuller for longer, but we'd prefer a latte.



16

MATCHA TEA

Japanese matcha green tea powder is high in antioxidants, minerals and vitamins. With the beauty industry harnessing its properties in anti-ageing products, and specialty matcha cafés opening Stateside serving up verdant matcha lattes, it's no surprise that this green ingredient has crept into fashion-forward pâtisseries and trendy restaurants. Expect supermarkets to look to Japan for dessert inspiration, where Japanese pâtisserie chefs are fusing their classical French training with this local ingredient. It's a matcha-made in heaven!

MATCHA PANNA COTTA AND SESAME BRITTLE ^{GF}

The earthy bitterness of matcha is tempered in this creamy panna cotta. We used Bloom Absolute Matcha green tea powder, £16.99 for 30g, Ocado.

Soak **3 gelatine leaves** (we used Costa) in cold water for 5min. In a medium pan, bring **200ml (7fl oz) semi-skimmed milk, 300ml (½ pint) double cream, 1 halved lengthways vanilla pod (plus scraped-out seeds)** and **40g (1½oz) granulated sugar** to boil. Remove from heat, whisk in **1tbsp matcha green tea powder** and set aside. Lift out gelatine (squeeze out excess water) and stir into milk mixture. Strain through a sieve into a jug. Pour into four 125ml (4fl oz) tea cups or ramekins and chill for 4hr until set. Lightly oil a rimless baking sheet. In a medium pan, gently heat **100g (3½oz) granulated sugar, 1tbsp honey** and **3tbsp water**, stirring to dissolve the sugar. Increase heat and boil for about 5min, without stirring, until golden. Remove from heat, stir in **2tbsp black sesame seeds** and pour on to prepared baking sheet. Tilt to spread as thinly as possible and set aside to cool. Break brittle into shards and serve with panna cottas.

PER SERVING 599cals, 6g protein, 46g fat (26g saturates), 41g carbs (41g total sugars), 1g fibre



17 PERSIA-MANIA CONTINUES

A continuing trend from 2015 – spiced stews, succulent lamb dishes and lush salads from the Middle East. Ideal for informal dining, Persian

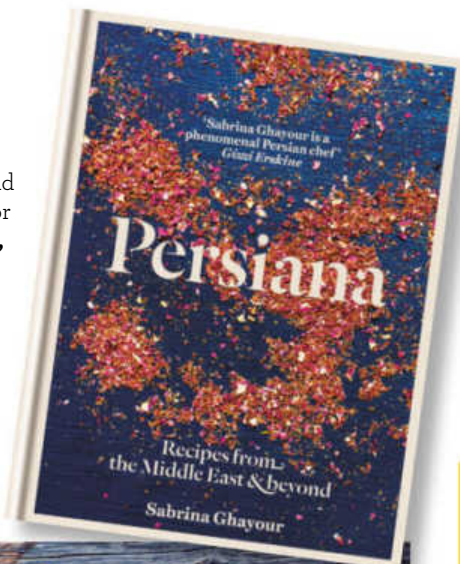
cuisine is all about careful spicing and enveloping flavours. Cooking with Persian spices and flavours is like opening a treasure box – dusky rose petals, green cardamom, potent saffron, golden turmeric, sumac, advieh (a spice blend), tahini and pomegranate all feature heavily. Tempted to learn more? Sabrina Ghayour's fantastic **Persiana** (Mitchell Beazley) is filled with sumptuous mezze, roasts, breads and sharing plates. Look out for her follow-on book **Sirocco**, appearing on 5 May (Mitchell Beazley).

PISTACHIO AND FETA DIP ^{GF}

'I discovered this in a backstreet butcher's shop-cum-restaurant in Istanbul,' says Sabrina.

Blitz 100g (3½oz) shelled pistachios and 75ml (3fl oz) olive oil in a food processor for 30sec. Add 300g (11oz) feta cheese, a handful chopped dill, 2 handfuls chopped coriander, 1 crushed garlic clove, 1 chopped red chilli, 3 large tbsp Greek yogurt and finely grated zest and juice ½ lemon. Blitz for 1min or until it has a nice rustic texture. Serves 8.

PER SERVING 244cals, 9g protein, 22g fat (7g saturates), 2g carbs (2g total sugars), 1g fibre



18 BEER GETS CRAFTY

'The growth of craft beer has been nothing short of astonishing,' says GH wine expert, Richard Ehrlich. 'But much more is to come – pour yourself a glass and watch this space! My pick to try is **Brewdog Punk IPA** (around £1.80 for 330ml). This is an early invention from a Scottish pioneer of the craft revolution. It's chock full of lively, fresh fruit flavours and remarkably complex. Good with fish, and hard or washed-rind cheese.'



19 GROWN-UP MIXERS

Following on from the craft beer trend, artisanal companies specialising in craft soda are making sophisticated mixers! Twin sisters Joyce and Raissa founded **Double Dutch**, a premium tonic brand, to keep pace with the growing choice of spirits. Their tonics feature luscious combinations such as pomegranate and basil or cucumber and watermelon (our favourite). Perfect in your G&T – or just as T! £1.45 for 200ml, 31dover.com.



TRIED, TESTED, TRUSTED

You can always rely on Good Housekeeping's recipes to work first time. One of the Cookery Team develops

each recipe we feature until they're happy it's perfect. Another member of the team then makes it again to ensure the method is foolproof (at which stage the food is also tasted by lots of other key magazine staff). Our third and final test happens on the photoshoot. So that's a minimum of three tests for every single recipe – our guarantee to you that they'll work! Remember to always use calibrated measuring spoons and accurate scales for ultimate success.

^{GF} This recipe is gluten free, but always check all ingredients (eg stock and soy sauce) are suitable for those avoiding gluten.

^{DF} This recipe is dairy free, but always check all ingredients (eg bread)

are suitable for those avoiding dairy.

^V This recipe is vegetarian, but always check all ingredients (eg cheese and condiments) are suitable for vegetarians.



20

THE YEAR OF THE WAFFLE

Traditionally a sweet breakfast item, waffles are increasingly present on savoury menus (and we don't just mean adding some crispy bacon). Some thanks for this tasty trend needs to go to the popularity of Daniel Doherty's London restaurant, Duck & Waffle, with the success of its eponymous dish of crispy duck leg served on a waffle. Fried chicken, waffles and maple syrup is an American soul food classic that begs to be tried.

ULTIMATE WAFFLES

Serve with grilled gammon and cheese sauce for a midweek supper or add a sweet topping.

Preheat oven to 140°C (120°C fan) mark 1 and put a large baking tray inside topped with a wire rack. In a large bowl, mix 250g (9oz) plain flour, 1tbsp baking powder, 1tsp salt and 1tsp caster sugar. Whisk in 3 medium eggs, 400ml (14fl oz) milk and 100g (3½oz) melted unsalted butter until smooth. Leave to rest for 5min. Preheat waffle maker according to instructions. Scoop a ladleful of batter into centre of

each waffle grid; spread to cover. Close lid and cook for 6-8min until crisp and golden. Transfer to rack in oven to keep warm. Repeat to cook remaining waffles. Makes 8. **PER WAFFLE** 258cals, 7g protein, 14g fat (8g saturates), 26g carbs (3g total sugars), 1g fibre **TO FREEZE** Pack cooled waffles into a food bag, separated with sheets of baking parchment. Freeze for up to 3 months. To serve, heat from frozen in oven preheated to 180°C (160°C fan) mark 4 for 12-15min until piping hot.

21

ART THAT'S GOOD ENOUGH TO EAT

Social media has long been filled with pictures of favourite meals. But as this trend continues, so the calibre of the photography increases. Instagram is the ultimate playground for amateur food photography, and accounts such as @SymmetryBreakfast create strikingly simple images.

Bakers such as Katherine Sabbath are pushing the boundaries of cakes, turning them into visions of modern art. At the extreme end, Malaysian artist Red Hong Yi uses Instagram to showcase her recreations of art pieces using edible materials. Due to her high profile on social media, she's become one of Asia's most popular artists. See you on Instagram!



PHOTOGRAPH OF FOOD ART: INSTAGRAM.COM/RED HONG YI

22

GO MAD FOR PULSES

Did you know 2016 is United Nations' International Year of Pulses? Us neither. With healthy eating continuing to dominate the headlines, pulses tick all the boxes: nutritious, sustainable, affordable. Pulses also provide environmental benefits, as they grow with little need for water or fertilisers. GH nutritionist Anita Bean says, 'Beans and lentils are an amazing source of nutrients, supplying fibre and protein, B vitamins, iron, magnesium and zinc. Chickpeas provide an excellent supply of fructo-oligosaccharides, a type of prebiotic that improves the balance of friendly bacteria in the gut. Four heaped tablespoons of cooked beans or lentils (75g/3oz dry weight) supply more than one third of your daily requirement for protein and iron.' Incredibly versatile, pulses offer a great way to bulk up meals, especially on those meat-free days.



BAKED BEANS GF DF V

Preheat oven to 200°C (180°C fan) mark 6. In a flameproof casserole, heat **1tbsp olive oil** over medium heat. Fry **1 sliced red onion** until soft, about 5-8 min. Add **2 crushed garlic cloves** and **2tsp smoked sweet paprika**; fry for 1min. Add **3 x 400g tins mixed beans** (with their water), plus **2tsp mustard powder**, **50g (2oz) dark brown sugar**, **125g (4oz) tomato ketchup** and **3tbsp white wine vinegar**. Bring to boil, then cook in oven (uncovered) for 40-45min until sauce is sticky. Serve on toast or in jacket potatoes. Serves 6.
PER SERVING 232cal, 12g protein, 5g fat (1g saturates), 33g carbs (16g total sugars), 5g fibre
GET AHEAD Once cool, keep beans covered in fridge for up to 3 days. To serve, reheat on hob.

23

SEAWEED IS THE NEW HIPSTER VEG

So long kale, hello seaweed! Full of calcium and nutrients, with high levels of iodine, seaweed is a healthy addition to many meals and adds a deep umami flavour... So we'll be finding even more ways of getting seaweed into our diets. We sprinkled **Mara Seaweed Dulse**, £5.99 for 30g, into raw burger mix – it gave the cooked burger a salty hit without need for additional seasoning. The **Atlantic Kitchen** range of seaweed products even includes a Sea Spaghetti, £5.95 for 500g from Amazon.co.uk – perfect for seafood lovers.



SHOW
PASTA
SOME
Passion

Gennaro has long stirred a mixture of butter and olive oil into his pasta. It's a little Italian trick passed down through generations to add flavour and a silky smooth taste. Bertolli with Butter is the perfect blend with butter and olive oil. Try stirring some into your freshly cooked pasta today.



A blend with butter (22%), olive oil (21%) and other vegetable oils.

GOOD AND SWEET

The controversy surrounding the amount of sugar in our diet has inspired a trend for seeking alternative, natural, unrefined sweeteners. 'We're seeing customers experiment with naturally sweet ingredients such as date nectar and maple syrup, which you need less of because of their added flavour,' says Tom Shaw, Waitrose Sugar and Home Baking Buyer. Though natural sweeteners still contain sugar, some offer additional minerals, antioxidants and caramel or toffee-like flavour, unlike unrefined, white sugar, which contains no vital nutrients. Some natural sweeteners are also low GI (glycaemic index), providing a slower release of energy than sugar does in its simplest form.

24

25

DATE SYRUP CHICKEN GF DF

Natural sweeteners aren't just for sweet treats. Date syrup is being championed by Israeli chef and GH favourite Yotam

Ottolenghi to sweeten dressings or stews.

Preheat oven to 180°C (160°C fan) mark 4. In a large roasting tin, mix **8 skin-on chicken thighs**, **2tbsp olive oil** and plenty of **seasoning**. Heat a large frying pan over medium heat, then brown thighs (skin down) in batches until golden (reserve roasting tin). Meanwhile, to the roasting tin add **4 bruised garlic cloves**, **3cm (1¼in) grated fresh ginger**, leaves picked from **4 thyme sprigs**, zest and juice **2 limes**, **1tbsp soy sauce**, **4tbsp date syrup**, **100ml (3½fl oz) white wine** and **¼tsp salt**. Nestle thighs into tin (avoid getting skin wet). Scatter over **4 more thyme sprigs**. Cook in oven for 45min until cooked. Serve with **seasonal greens** and **rice**, if you like. Serves **4**. **PER SERVING** 566cal, 36g protein, 40g fat (10g saturates), 11g carbs (10g total sugars), 0g fibre



26

GOING COCONUTS

We've seen a wave of coconut-related products hit the shelves. If you're a coconut devotee or looking for alternative sweeteners, look out for coconut

sugar (also known as coconut palm sugar/nectar). It comes from coconut blossom nectar, rather than the coconut itself, and offers a deep, caramel taste, low GI and high mineral content. We also enjoyed the unusual **Coconut Jam** by Coconut Merchant, from £5.49 for 330g, amazon.co.uk and hollandandbarrett.com – a spreadable, low GI, highly concentrated natural sweetener made from coconut sugar and coconut milk.



27

FARMERS' MARKETS ONLINE

With the weekly shop becoming a thing of the past, we predict a surge in online farmers' markets. Our 2015 Food Awards revealed 26% of you are grocery shopping online. Online farmers' markets are a great way to buy local and top-quality products, and websites give a platform for smaller producers to showcase themselves. We like Farmdrop (farmdrop.co.uk) and Hubhub (hubhub.co.uk). Both currently only deliver across London, but have plans to expand.





Autentico Italiano

CAN I TELL YOU
A SECRET?

A. Gandini



"We Italians have a special word for mopping the remaining delicious sauce with bread directly from the pan called Scarpetta. I remember as a boy the delicious taste of Cirio tomatoes and my mamma would let me do Scarpetta. My secret is I still use Cirio and I still do Scarpetta!"

160 years of passion and skill makes Cirio a beloved brand by Italians. Taste, quality and safety guaranteed from a cooperative of 14,500 farmers, traced from 'seed to fork'.



Francesco Cirio,
Autentico Italiano
dal 1856.



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cirio1856.com

Charlotte strikes back

Seven-year-old, beats massive strokes –
that's something to sing about!



Being young and healthy is no protection against stroke, as Charlotte and her mother Leila discovered. Charlotte was hit by a major stroke in the middle of the night and was rushed to the hospital. She remained in a coma for two days and suffered more massive strokes. When she came round she couldn't speak, move or even blink.

The doctors prepared Leila for the worst.

But Leila didn't give up. While she was singing to her daughter, Charlotte struck back and smiled. Within two weeks she was speaking. Three years on, she is running and playing again. 'It's a miracle to have Charlotte with us' Leila says.

Charlotte's incredible recovery was helped by the huge advances in stroke research we funded, which has completely changed the way stroke is treated. But with only a tenth

of the funding given to cancer research, there's so much more to do.

You don't need to wait for a miracle, or even sing! You can join Charlotte in striking back against stroke by leaving us a gift in your Will.

Stroke
association

Together we can conquer stroke.

Call **020 7566 1505** email **legacy@stroke.org.uk** or visit **stroke.org.uk/legacy**



28

PROUD TO BUY BRITISH

British charcuterie has been making its mark in the cured meat market. Producers are creating exciting and innovative cold cooked meats that are as good as, if not better, than their Spanish and Italian counterparts. Not only should we be supporting local companies, but the flavoursome animal breeds native to Britain lend themselves to the flavour-intensifying method of curing. Some of our favourite brands include Woodall's Charcuterie, Trealy Farm and Forest Pig.

OUR FOOD WILL PACK A PROTEIN PUNCH

29

We all know the benefits of protein, and we predict we'll be tucking into more of it than ever, adding it to our snacks and drinks as well as our main meals. Essential to every cell in our body, protein helps keep us in tip-top shape and feeling fuller for longer. What was once seen as muscle food for fitness fans will become more prominent in everyday diets.

30 POWER FOODS

The key selling point of **Skyr** Icelandic-style yogurts (£1.80 for 450g, widely available)

is that they are fat free and high in protein. Two Chicks have used pasteurised egg white to create **Chirps**, a baked egg white crisp rammed with protein (£1.49 for 28g, Ocado, Holland & Barrett, Selfridges). Meanwhile **Yushoi Snapea Rice Sticks** (55p for 21g, The Co-operative) are made with green peas and rice – perfect for a protein-packed snack.



31 THE BEAN PASTA

After the huge success of spiralizers and low-carb 'pastas', it's no surprise that high-protein bean pastas are now crowding the shelves.

Explore Asian bean pastas (from £3 for 200g, available at Ocado, Holland & Barrett and Asda) are made only from beans and water, perfect for those choosing to lower their carb intake.



OLDIES BUT GOODIES

Quinoa and spelt are old news, but are you up to speed on the ancient grains sorghum, teff, millet, freekeh, amaranth and kamut? Defined by the Whole Grain Council as grains that have remained largely unchanged over the past several hundred years, they are big news right now. They're more nutritious than refined grain products, thrive on low levels of pesticides, fertilisers and irrigation, and release their energy slowly – so you feel full and satisfied for longer.

33 TRY THIS!

Newburn Bakehouse by Warburtons has launched **Mini Wholegrain Wraps** with ancient grains (from £2.99 for 222g, Ocado and Sainsbury's). High in fibre and calcium, low in saturated fat and a source of

iron and protein, they're baked with five wholegrain flours (three from the ancient grains sorghum, teff and quinoa), so you're in for a satisfying lunch.



34 FARRO SALAD

DF V

Though somewhat

debated, farro is the grains of three wheat species: sometimes known as farro piccolo, farro medio and farro grande – or einkorn, emmer and spelt, respectively. Whatever its exact definition, this ancient grain makes for a delicious salad.

Cook **250g (9oz) farro** according to pack instructions. Meanwhile, dry fry **175g (6oz) bulgur wheat** in a large frying pan until golden and aromatic. Empty into a large heatproof bowl and just cover with **boiling water** from a kettle. Cover bowl with clingfilm and set aside for 30min for bulgur to soften. Using a small serrated

knife, slice off skin and pith from **2 red/pink grapefruits**. Holding fruit over a jug to catch juice, cut out segments from membranes and put into a bowl. Squeeze remaining juice from membranes into jug (discard membranes) and mix in finely grated **zest and juice 1 lemon**, **2tbsp runny honey**, **½tbsp Dijon mustard** and **2tbsp olive oil**. When ready, drain farro and hold under cold running water to cool. Empty into bulgur bowl. Mix in dressing, **50g (2oz) rocket**, **2 chopped avocados**, **1 finely sliced small red onion**, **50g (2oz) mixed seeds**, **1tbsp nigella seeds** (optional), a **large handful chopped parsley** and **grapefruit segments**. Check seasoning and serve. Serves 4. **PER SERVING 679cal**,

16g protein, **25g fat** (**4g saturates**), **94g carbs** (**16g total sugars**), **10g fibre**

35

ROASTED FREEKEH SALAD

V

A rising star of the grain world, freekeh (pronounced free-kuh) is green wheat harvested young and roasted for a distinctive smoky flavour. We used Merchant Gourmet's fabulous pre-cooked pouches to make this Ottolenghi-style salad. Cut **1 aubergine**, **1 large courgette** and **2 red onions** into rough 1cm (½in) pieces. Toss in a roasting tin with **2tbsp olive oil** and some seasoning and roast at **200°C (180°C fan)** mark 6 for 30-40min

until golden and tender. Meanwhile, boil **200g (7oz) trimmed and chopped green beans** for 4min, then drain and empty into a large serving bowl. Add roasted veg and mix in **2 x 250g pouches cooked freekeh**, picked and chopped leaves from a **25g bunch mint**, finely grated **zest and juice 1 lemon**, **2tbsp tahini**, **150g (5oz) crumbled soft goat's cheese**, **2tbsp olive oil** and **seasoning**. Sprinkle over **50g (2oz) chopped pistachios** and serve. Serves 4. **PER SERVING 658cal**, **23g protein**, **38g fat** (**10g saturates**), **48g carbs** (**8g total sugars**), **15g fibre**

ROASTED FREEKEH SALAD

FARRO SALAD

36

RIO WILL RULE

With the Olympics in Rio this Summer, there's no doubt we'll be in the Brazilian party spirit. For a taste of their sizzling barbecue fare (known as churrasco), it's time to get your hand on some picanha (rumpcap). Ask your butcher, or try the tempting large cut at Waitrose (£19.99 a kg). Failing that, a couple of caipirinhas will do the trick!

TOMATO CHIMICHURRI GF DF

Serve with grilled meats.

In a food processor, whiz a **small bunch each coriander and parsley**, **1 crushed garlic clove**, **1 deseeded and chopped large tomato**, **½ small chopped red onion**, **1 chopped red chilli**, **3tbsp olive oil**, **3tbsp red wine vinegar**, **¾tsp smoked paprika** and a **pinch of salt**. Serves 4.

PER 1TBSP SAUCE

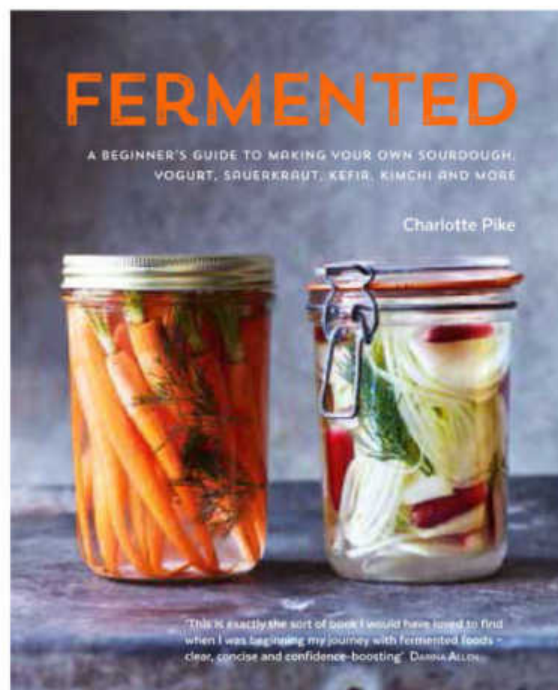
94cals, **1g protein**, **9g fat** (**1g saturates**), **3g carbs** (**2g total sugars**), **1g fibre**



37

WE'RE GETTING EVEN BRAVER

Cooking has taken on a new role for many and become a hobby. The rise of culinary website souschef.co.uk, which sells unique ingredients to enthusiastic home cooks, is testament to this shift. 'Our customers are keen to relive memories with their cooking – recreating special meals or dishes from their travels,' says founder Nicola Lando. 'They need ingredients and equipment that just isn't widely available. In three years we have gone from a few daily orders to 500 a day.'



38

GOOD GUT FEELINGS

Fermenting adds delicious and complex flavours to food – think sourdough breads, beer and cheese – and preserves produce by means of a slow and natural process. Fermented foods are alive with a variety of bacteria, making them a probiotic powerhouse that restores the flora in the gut, having positive effects on our immune system. For an easy-to-digest and informative guide, we love **Fermented** by Charlotte Pike (Kyle Books).



39

NEW KING OF THE CABBAGES

As we continue to eat, blend and juice more dark, leafy vegetables, sales of cavolo nero have soared. Sainsbury's reported a 430% sales surge in 2015 in its Taste the Difference Cavolo Nero, so clearly this Italian member of the brassica family is here to stay. The central stalk is tough, so remove it before steaming or sautéing the undulating leaves.

CAVOLO NERO PANGRATTATO DF V

In a large wok heat 60ml (2½fl oz) olive oil over medium heat. Add 50g (2oz) fresh breadcrumbs and fry until golden. Add 1 chopped garlic clove; fry for 30sec. Tip into a medium bowl (reserve wok) and mix in finely grated zest 1 orange, small bunch finely chopped parsley and ¼tsp salt. Strip leaves off 400g (14oz) cavolo nero (discard stalks) and slice thickly. Return wok to heat with 1tbsp olive oil and juice 1 orange. Bring to boil, add cavolo nero, sautéing for 3min until wilted slightly. Transfer to warm serving dish and scatter over breadcrumb mixture. Serves 4 as a side. **PER SERVING** 202cals, 3g protein, 14g fat (2g saturates), 14g carbs (5g total sugars), 3g fibre



PREPARE FOR A GLOBAL FRUIT EXPLOSION!

40

Açaí and goji berries are well established, but have you sampled an African cucumber? Asda has popularised custard apples (cherimoya) with their sweet, custard-like flesh. Dark-purple mangosteens hide a succulently sweet centre once their tough skin is removed, and it's hard to believe that spiky rambutans are even edible – but their lychee-like taste will have you convinced. Yuzu, a citron native to East Asia, is best eaten with other fruits due to its tartness. Luckily they all are increasingly available. ◻



Expand your fruit horizons with a rambutan (above) or yuzu (left)

PHOTOGRAPHS OF FRUIT: GETTY; RECIPES: THE COOKERY TEAM; FOOD STYLING: MIKE BECK; SUZANNAH BUTCHER; ELIZABETH HUTCHINSON. RECIPE TESTING: MADELINE BURKITT; PROPS: JENNY IGGLEDEN; DEHYDRATOR TESTING: VERITY MANN



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Caramelised
Onion Chutney.
With Rich
Balsamic
Vinegar &
a Pop of Chilli.





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VOTE FOR YOUR FOOD HEROES



LEFT Domestic Goddess Sophie Conran takes to the stage BELOW Hard at work in our test kitchens



ABOVE AND RIGHT Cake queen Jane Asher and chef Aldo Zilli at our glittering awards ceremony



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a £449.99
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Have your say!
Help us choose the winners in our 12th annual Good Housekeeping Food Awards. Vote for your favourite products, celebrity chefs and must-have ingredients at goodhousekeeping.co.uk/foodawards2016 and you could win a stunning AEG UltraMix Kitchen Machine, worth £449.99*.



ABOVE AND RIGHT New recipes are developed and cookery courses are held at the GHI in London LEFT The powerful and versatile AEG UltraMix will raise your cooking standard



Vote for your foodie favourites online at
goodhousekeeping.co.uk/foodawards2016

Everyone's **INVITED!**

Friends and family will be seriously impressed by this stylish and scrumptious Easter menu. What they'll never guess is that you've put it together for less than £5* a head - with no stress involved!

PHOTOGRAPHY
GARETH MORGANS



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serving

Melt in the mouth





Fun starter

40p
per
serving

*Greet the
Spring with
a table full of
soft colours and
fresh flavours*



MENU FOR 8

Fried Egg Soup



*Slow Roast Lamb
with Salsa Verde*

*Carrot and Goat's Cheese
Tartlet*



*Crispy Oregano Potatoes
Warm Radish and Pea Salad
Fennel Gratin*



*Rhubarb and Custard
Profiterole Tower*



84p
per
serving

Bright indulgence



£1.87
per
serving



Fried Egg Soup

In fact, it's cauliflower soup with a squash yolk!

Hands-on time **20min**. Cooking time **about 40min**. Serves **8**

- ◆ 1tbsp olive oil
- ◆ 2 onions, finely chopped
- ◆ 1kg (2lb 3½oz) cauliflower florets
- ◆ 400g (14oz) floury potatoes, peeled and cut into 2cm (¾in) pieces
- ◆ 600ml (1 pint) whole milk
- ◆ 1.3 litre (2½ pint) vegetable stock
- ◆ 200g (7oz) butternut squash (peeled weight), cut into 2cm (¾in) pieces

TO SERVE

- ◆ Bread slices, optional

- 1** Heat oil in a large pan and gently fry onions for 10min to soften. Add cauliflower, potatoes, milk, stock and some seasoning. Bring to the boil, then simmer for 25min until vegetables are tender.
- 2** Meanwhile, in a separate pan, cook squash in boiling water for 10-12min until tender. Drain (reserve pan) and leave to steam dry.
- 3** Carefully blend cauliflower mixture until smooth (in batches if necessary). Pour mixture back into same pan and check seasoning.
- 4** Whiz cooked squash, 125ml (4fl oz) water and some seasoning in rinsed-out blender until smooth. Return to reserved pan.
- 5** To serve, reheat soup and butternut squash purée. Divide soup among eight bowls. Pour squash purée into a jug (add a little water, if needed, to thin to a thick pouring consistency). Pour a central squash circle into the middle of each bowl to represent an egg yolk. Grind over some black pepper and serve with buttered toast, if you like.

PER SERVING (without bread) **182cal**, **9g protein**, **6g fat** (2g saturates), **21g carbs** (10g total sugars), **6g fibre**

GET AHEAD Prepare to end of step 4 up to a day ahead. Keeping soup and purée separate, cool completely; cover. Chill. To serve, complete recipe.

Slow Roast Lamb with Salsa Verde

This meltingly tender lamb is a luxurious yet inexpensive way to feed a crowd – and can be roasted ahead of time.

Hands-on time **20min**, plus resting. Cooking time **about 4hr**. Serves **8**

- ◆ 2kg (4½lb) lamb shoulder (on the bone)
- ◆ 2tbsp olive oil
- ◆ 3 rosemary sprigs, leaves picked and chopped
- ◆ 2 onions, peeled and cut into thick rings
- ◆ 5 garlic cloves (in skins)

FOR SALSA VERDE

- ◆ 2tbsp capers, rinsed
- ◆ 25g pack mint, leaves picked
- ◆ 25g pack parsley
- ◆ 2tbsp red wine vinegar
- ◆ ½tbsp Dijon mustard
- ◆ 2tbsp olive oil
- ◆ Juice ½ lemon

- 1** Preheat oven to 170°C (150°C fan) mark 3. Lay lamb on a board and slash fatty side well with a sharp knife. Rub over oil and chopped rosemary. Season.
- 2** Put onion slices and garlic in base of a roasting tin (just large enough to hold lamb). Lay lamb on top (slashed side up) and cover tin with foil. Roast for 4hr, removing foil for last 45min to

brown. The lamb is ready when you can shred the meat off the bone with two forks (cook for longer if needed).

3 Transfer lamb to a board (reserve empty tin) and cover with foil while you make the salsa verde (the lamb can rest like this for up to 30min).

4 If not too blackened, add roasted onions from tin to the small bowl of a food processor and squeeze in any roasted garlic from the skins (discard skins). Add remaining salsa verde ingredients and whiz to make a chunky sauce. Check seasoning.

5 Serve the salsa verde with the shredded lamb.

PER SERVING **539cal**, **36g protein**, **42g fat** (18g saturates), **3g carbs** (2g total sugars), **1g fibre**

GET AHEAD Roast lamb up to a day ahead. Transfer to a clean roasting tin, cool, cover and chill. If not too blackened, lift roasted onions into a small bowl and squeeze in any roasted garlic from skins (discard skins). Cover and chill. To serve, reheat lamb in an oven preheated to 170°C (150°C fan) mark 3 for 45min-1hr and make salsa verde.



Get into the spirit of the season with cut flowers, pretty pastel crockery and, of course, bunnies!

AND TO DRINK? GH Wine Expert Richard Ehrlich picks his favourite budget tippie to enjoy with our Easter menu.

'Rioja is one of the best matches for roast lamb, but I'd choose a different Spanish red with this braise – **Atlas Bobal 2014** (13% ABV, £4.97, Asda). Though not nearly as well known a grape variety as Tempranillo, Bobal has a beguiling combination of flowery delicacy and spicy oomph. It'll be a peerless partner for this lamb.'



Crispy Oregano Potatoes

Initially, these potatoes roast with the lamb, then at a higher temperature to get super crisp. Start them 30min before the lamb is due to come out of the oven.

Hands-on time **15min.** Cooking time **about 1hr.** Serves **8**

- ◆ 200ml (7fl oz) olive or rapeseed oil
- ◆ 1.6kg (3½lb) floury potatoes, peeled and cut into 5cm (2in) chunks
- ◆ 1tbsp dried oregano
- ◆ 2tbsp polenta, optional

1 Preheat oven to 170°C (150°C fan) mark 3. Pour oil into a large shallow roasting tin and put into oven to heat.

2 Meanwhile, put potatoes into a large pan, cover with cold water and bring to the boil. Simmer for 5min, drain and leave to briefly steam dry. Return to the empty pan, cover and shake to roughen edges. Sprinkle over oregano, seasoning and polenta, if using. Briefly shake to coat evenly.

3 Carefully remove tin of oil from oven. Add potatoes, turning to coat. Roast for 30min.

4 Carefully remove tin and turn potatoes. Increase oven temperature to 200°C (180°C fan) mark 6, return tin to oven and roast for 20min until golden and crisp. Serve.

PER SERVING 336cals, 5g protein, 19g fat (3g saturates), 35g carbs (1g total sugars), 4g fibre

Warm Radish and Pea Salad

Cooking radishes softens their heat while retaining their crunch.

Hands-on time **10min.** Cooking time **about 20min.** Serves **8**

- ◆ 1kg (2lb 3½oz) frozen peas
- ◆ 2tbsp olive oil
- ◆ 1 red onion, finely sliced
- ◆ 1 garlic clove, crushed
- ◆ 400g (14oz) radishes, halved
- ◆ 50g (2oz) butter
- ◆ Zest and juice 1 lemon
- ◆ 1tbsp runny honey

1 Bring a large pan of salted water to the boil. Add peas, return to boil and cook for 3min. Drain, return to pan, cover and set aside.

2 Meanwhile, heat oil in a large frying pan and gently fry onion for 5min until beginning to soften. Add garlic for 1min, then add radishes and butter and fry for 10min. Stir in lemon zest and juice, honey and ¼tsp salt. Tip into pea pan, tossing to coat. Serve.



PER SERVING 193cals, 8g protein, 9g fat (4g saturates), 15g carbs (7g total sugars), 10g fibre

Fennel Gratin

Even those not keen on fennel will love this decadent side.

Hands-on time **15min.** Cooking time **about 45min.** Serves **8**

- ◆ 1kg (2lb 3½oz) whole fennel bulbs
- ◆ 50g (2oz) butter
- ◆ 250ml (9fl oz) double cream
- ◆ 200g (7oz) crème fraîche

FOR THE CRUMB

- ◆ 50g (2oz) fresh breadcrumbs
- ◆ 50g (2oz) mature Cheddar or Parmesan (or vegetarian alternative), grated
- ◆ 25g (1oz) butter, melted

1 Preheat oven to 170°C (150°C fan) mark 3. Mix crumb ingredients; season. Set aside.

2 Cut fennel into quarters lengthways, removing any tough central core (no need to be too precise). Melt butter in a large frying pan over medium heat and fry fennel (in batches if needed) until golden and softening, about 10min. Arrange in a large ovenproof dish.

3 To the empty pan, add cream and crème fraîche. Bring to boil and season well. Pour over fennel and top with crumb mixture.

4 Cook gratin in oven for 35min until golden. Serve.

PER SERVING 392cals, 5g protein, 37g fat (23g saturates), 8g carbs (3g total sugars), 4g fibre

GET AHEAD Prepare to end of step 3 up to 1½hr ahead, but don't add crumb. Cover and leave at room temperature. To serve, add crumb and complete recipe.



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Nick Grey – Inventor, Owner of Gtech

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In 2012 we launched the critically acclaimed AirRam, allowing you to lose the weight and the cord, whilst keeping the performance of mains powered upright vacuums (**10/10 Is this the best vacuum cleaner ever? Daily Mail**).

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Carrot and Goat's Cheese Tartlet *V*

Carrots take centre stage in this beauty.

Hands-on time **25min.** Cooking time **40min.** Serves **1**

- ◆ 15cm (6in) square cut from a ready-rolled sheet of puff pastry
- ◆ 7 baby carrots or 3 medium carrots
- ◆ 1tsp runny honey
- ◆ 1tbsp oil
- ◆ ½ small red onion, finely chopped
- ◆ 1 garlic clove, crushed
- ◆ 3 thyme sprigs, leaves picked, or 1tsp dried thyme
- ◆ 75g (3oz) soft vegetarian goat's cheese

1 Preheat oven to 200°C (180°C fan) mark 6. Put pastry square on a baking tray lined with baking parchment. Score a 1cm (½in) border in from edges, making sure you don't cut right through pastry. Prick inside border well with fork.

2 Bake pastry square for 15min until lightly golden and puffed. Remove and set aside on tray (keep oven on).

3 Meanwhile, prepare carrots. If needed, trim baby carrots to 12.5cm (5in). If using standard carrots, halve lengthways and trim to 12.5cm (5in) lengths. Put carrots into a medium pan. Cover with cold water, bring to boil and simmer for 10-15min until tender. Drain, return to pan and toss through honey and half the oil. Set aside.

4 Heat remaining oil in a small frying pan. Gently fry onion for 5min until softened. Add garlic and most of the thyme; fry for 1min. Tip mixture into a bowl; mix in cheese and check seasoning.

5 Gently press down central section of pastry with back of a spoon. Spread cheese mixture inside border, then lay on carrots.

6 Return to oven for 10-15min until piping hot. Sprinkle over remaining thyme; serve.

PER SERVING 796cal, 23g protein, 53g fat (26g saturates), 50g carbs (25g total sugars), 12g fibre

Rhubarb and Custard Profiterole Tower

Use a star nozzle to pipe filling into the buns to prevent the rhubarb clogging the nozzle.

Hands-on time **35min**, plus cooling. Cooking time **about 40min**. Makes **about 24**

- ◆ 125g (4oz) plain flour
- ◆ 100g (3½oz) unsalted butter, cubed
- ◆ 3 large eggs, beaten

FOR THE FILLING

- ◆ 500g (1lb 2oz) rhubarb, cut into 2cm (¾in) lengths
- ◆ 125g (4oz) caster sugar
- ◆ 1½tbsp cornflour
- ◆ 500g carton Ambrosia custard

TO DECORATE

- ◆ 200g (7oz) white chocolate, melted
- ◆ 5 rhubarb and custard sweets, crushed (optional)

1 Preheat oven to 200°C (180°C fan) mark 6. Line two large baking sheets with baking parchment. Sift flour into a large bowl.

2 Put a pan over high heat. Pour in 225ml (8fl oz) boiling water from the kettle and add butter. Cover and bring to boil. As soon as it's boiling, take off heat, quickly add flour and beat vigorously with a wooden spoon until glossy and smooth. Spoon back into empty flour bowl and set aside to cool for 15min.

3 Gradually beat eggs into cooled flour mixture until smooth and glossy. Spoon into a piping bag fitted with a 1cm (½in) plain nozzle. Pipe 24 mounds on to prepared sheets, each about 3cm (1¼in) wide and 3cm (1¼in) tall, spacing apart. With a damp finger, flatten peaks. Bake for 20-25min until puffed and golden.

4 Remove from oven and, when cool enough to handle, pierce a central 5mm (¼in) hole in bases with a skewer to allow steam to escape. Return buns to oven, holes up, for 3min. Cool completely on wire rack.

5 Meanwhile, in a medium pan, mix rhubarb and sugar. Set aside for 5min. Gently heat, stirring, for 5min, then simmer for 10min until rhubarb is broken down and juicy.



Spoon 3tbsp of rhubarb juice into a cup with cornflour and mix. Return cornflour mixture to pan and boil for 1min, stirring, until thickened. Pour into a large bowl, add custard and fold in to marble. Leave to cool.

6 Spoon filling into a piping bag fitted with a 5mm (¼in) star nozzle. Pipe filling into skewered holes, filling buns, then arrange on a serving plate. Drizzle over chocolate, then scatter over sweets, if using. Serve.

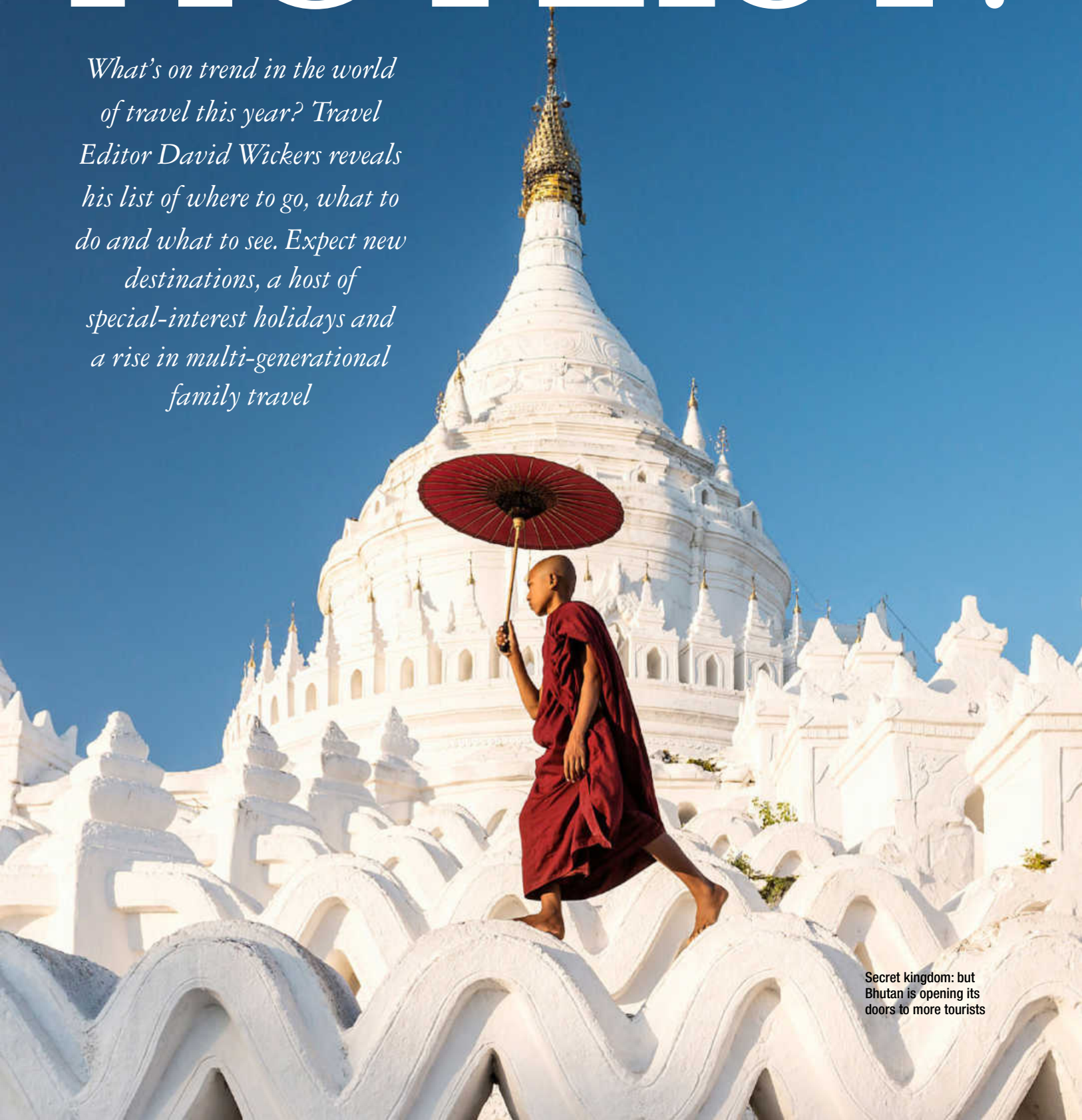
PER PROFITEROLE (without sweets) **152cal, 3g protein, 8g fat (4g saturates), 18g carbs (13g total sugars), 1g fibre**

GET AHEAD Prepare to end of step 4 up to a day ahead. Store cooled buns in an airtight container at room temperature. To re-crisp buns (up to 2hr before filling), arrange on baking sheet and return to an oven preheated to 200°C (180°C fan) mark 6 for 3min. Cool. Fill up to 3hr before serving. Chill. Complete recipe to serve.

FREEZE AHEAD Prepare to end of step 4. Cool completely; pack into an airtight container. Freeze for up to one month. To serve, defrost at room temperature, re-crisp as per Get Ahead instructions and complete recipe. □

Your **2016** hot, hot HOTLIST!

What's on trend in the world of travel this year? Travel Editor David Wickers reveals his list of where to go, what to do and what to see. Expect new destinations, a host of special-interest holidays and a rise in multi-generational family travel



Secret kingdom: but Bhutan is opening its doors to more tourists



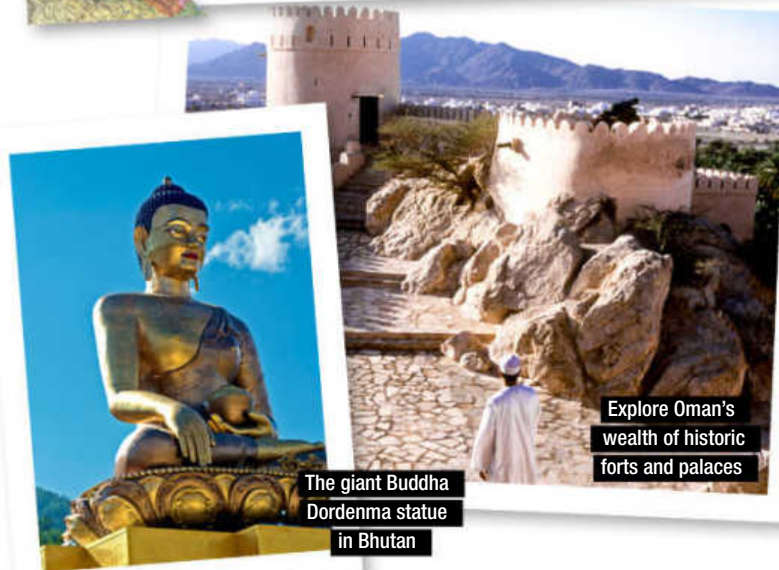
Isfahan, Iran



Grand Canyon: hike its trails or just soak up the scenery

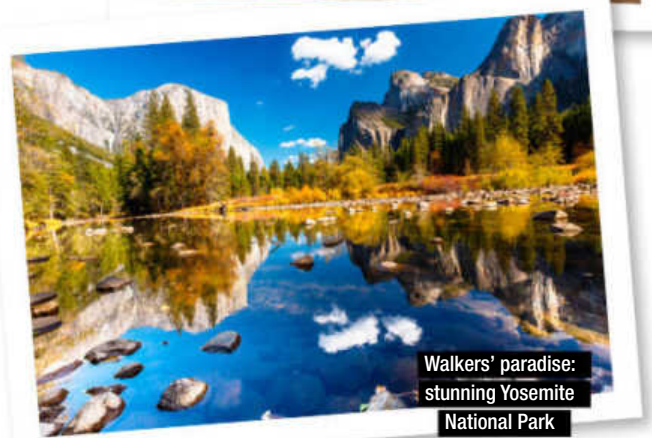


Desert colours: Zabriskie Point in Death Valley



The giant Buddha Dordenma statue in Bhutan

Explore Oman's wealth of historic forts and palaces



Walkers' paradise: stunning Yosemite National Park

OMAN AND IRAN *exotic excitement*

With so much of the Muslim world either officially off limits or unlikely to appeal to all but the most intrepid traveller, two destinations seem to be bucking the trend.

Oman is a blend of traditional Arabian culture, historic forts and palaces, beautiful mosques, wild mountains, dramatic gorges, markets unchanged since Biblical times and remarkable deserts. Details: audleytravel.com.

With the new *entente cordiale* between the West and Iran, there are now lots of opportunities to travel to this rich and friendly country, either on a tour or independently. With 700 years of history, attractions include old bazaars, jewels of Islamic architecture and stunning landscapes. A strict dress code applies and there's no alcohol. Details: steppestravel.co.uk.

Other long-haul destinations set to welcome a new wave of travellers include Bhutan, Burma, Sri Lanka, Ethiopia and Mozambique.

USA park parade

This year marks the centenary of America's National Park Service and 27 states now have national parks, with California having the most (nine), followed by Alaska (eight), Utah (five), and Colorado (four). Added together, they occupy more space than the whole of the UK. Four of the USA's most popular (Yosemite, the Grand Canyon, Death Valley and Zion) can be easily combined on a two-week holiday. Details: northamericatravelservice.co.uk.

Other anniversaries likely to fuel interest this year include the centenary of the completion of Russia's Trans-Siberian railway, the 400th anniversary of Shakespeare's death in Stratford-upon-Avon, and Botswana's 50 years since gaining independence (the country was recently voted number one in the world for travellers by Lonely Planet).

Enjoy the landscape
and traditional lifestyle
of Trapani, Sicily



Pembrokeshire

UK home happenings

■ While Devon and Cornwall continue to be Britain's top scorers on visitor numbers, I predict that more people will be drawn to the equally outstanding coastal scenery of Pembrokeshire. Adding to the attraction is the new Twr y Felin Hotel in St David's, Britain's smallest cathedral city. This former windmill has been meticulously restored and turned into a contemporary art hotel featuring over 100 original works. Or try its sister hotel, the 12th-century Norman Roch Castle, which has just six luxurious rooms. Details: retreatsgroup.com; visitwales.com.

■ A key feature of Scotland's Year of Innovation, Architecture and Design is the first ever Festival of Architecture, with a year-long programme of events. Details at visitscotland.com. South of the border, 2016 is the Year of the English Garden (visitengland.com) - there'll be much more about this in our May issue.

■ Kent's seaside resorts are undergoing a renaissance, most notably in Margate, where the Turner Contemporary gallery (turnercontemporary.org) celebrates its fifth anniversary. The recent reopening of the Dreamland (dreamland.co.uk) retro theme park and an excellent waterfront hotel, The Sands (sandshotelmargate.co.uk), add to its appeal.

EUROPEAN CULTURE *sunny delights*

■ Along with Italy's starring role in Spectre, Alex Polizzi's TV series on Italian islands has no doubt tempted more of us to experience the culture, cuisine and history of Sardinia, Capri, Ischia, the Aeolian Islands and Sicily. Details: citalia.com.

■ Spain's San Sebastian, one of the continent's top destinations for foodies, joins with Poland's historic city of Wroclaw, a cultural melting pot on the banks of the river Oder, to share this year's title of European City of Culture.

■ Our appetite for cruising seems insatiable. Now Viking (vikingcruises.co.uk), well known for its river cruises, has launched its first ocean-going ship, Viking Star. With a choice of cruises on the Mediterranean, the focus is on places rather than shipboard razzmatazz. There are free walking tours in each port of call, while on-board

'enrichment' lectures enhance the cultural experience.

■ If you crave more action, there's a raft of sporty packages to the Med, often at great prices. Neilson (neilson.co.uk) has a week in September at its beach club in Adakoy, Turkey, from £499pp, including waterskiing, sailing, windsurfing, tennis, mountain biking (all with tuition), most meals, children's clubs (2-17 years), return flights and transfers.

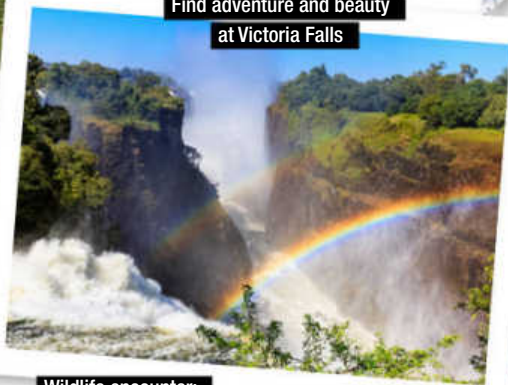
■ It's 300 years since the vineyards of Chianti were declared an official wine-growing region. For a superb choice of villas, see the to-tuscany.com website. Natural Retreats has also introduced a portfolio of properties in Tuscany - see naturalretreats.com.

■ Other Med hot spots are likely to be Majorca, with the opening of villas and a Park Hyatt in the Cap Vermell Estate (grupocapvermell.com), and Puglia, whose newest boutique hotel, Masseria Trapani (trapana.com), opens near to Helen Mirren's cocktail bar, Farmacia Balboa - made more accessible by direct train links from Rome to Lecce.

Traditional trullis
in Puglia, Italy



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at Victoria Falls



Wildlife encounter:
Mana Pools National
Park, Zimbabwe



Carnival spirit:
explore Brazil's
colourful cities



Great Barrier Reef

AUSTRALIA *ocean splendour*

In his BBC series screened earlier this year, Sir David Attenborough described the Great Barrier Reef as being of 'astounding and unforgettable beauty'. At its best in our Summer, this natural wonder of the world can be visited by boat, seaplane or helicopter from several points along the mainland coast of Queensland.

For a truly luxurious experience, stay at the island resorts of Lizard, Bedarra or Orpheus. Details: bridgeandwickers.co.uk. □

ZIMBABWE *wild adventure*

In December, a new, much expanded airport at Victoria Falls opened with the capacity to handle large aircraft. Although at the time of writing no airline had committed to flying nonstop from the UK, it can only be a matter of time before Brits will be able to go without having to change planes in Jo'burg – a saving of three to four hours – making long weekend visits a distinct possibility.

Not only is Zimbabwe back on the map as far as tourism is concerned, but Victoria Falls, in addition to the iconic view, offers scores of activities – from scenic helicopter hops to game drives, elephant riding to white water rafting – plus a choice of hotels including the Victoria Falls Safari Lodge. Details: africaalbidatourism.com.

LATIN AMERICA *natural beauty*

'Everything about Rio,' declared Prince Harry, 'makes you want to dance.' Hot on the heels of the football World Cup, Brazil's hosting of this year's Olympics will further enhance its profile. Aside from Rio's sexy glamour, there's a rich diversity of attractions, including the beaches of Bahia, the Amazonian rainforest, wildlife in the Pantanal and the Iguassu Falls. Details: lastfrontiers.com.

In May, British Airways introduces nonstop flights to Costa Rica and Peru. Since both routes will end the hassle of having to change planes in Madrid or Miami, the number of British visitors is likely to swell. It's boom time for Cuba, too, with visitors wanting to go before its doors open to a likely influx of Americans. Details: virginholidays.co.uk.



Cahuita National Park
in Costa Rica: closer,
thanks to direct flights



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get the
star treatment*

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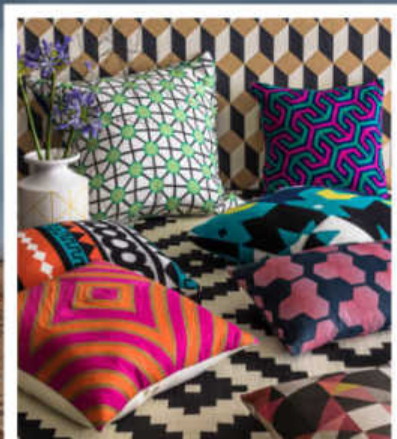
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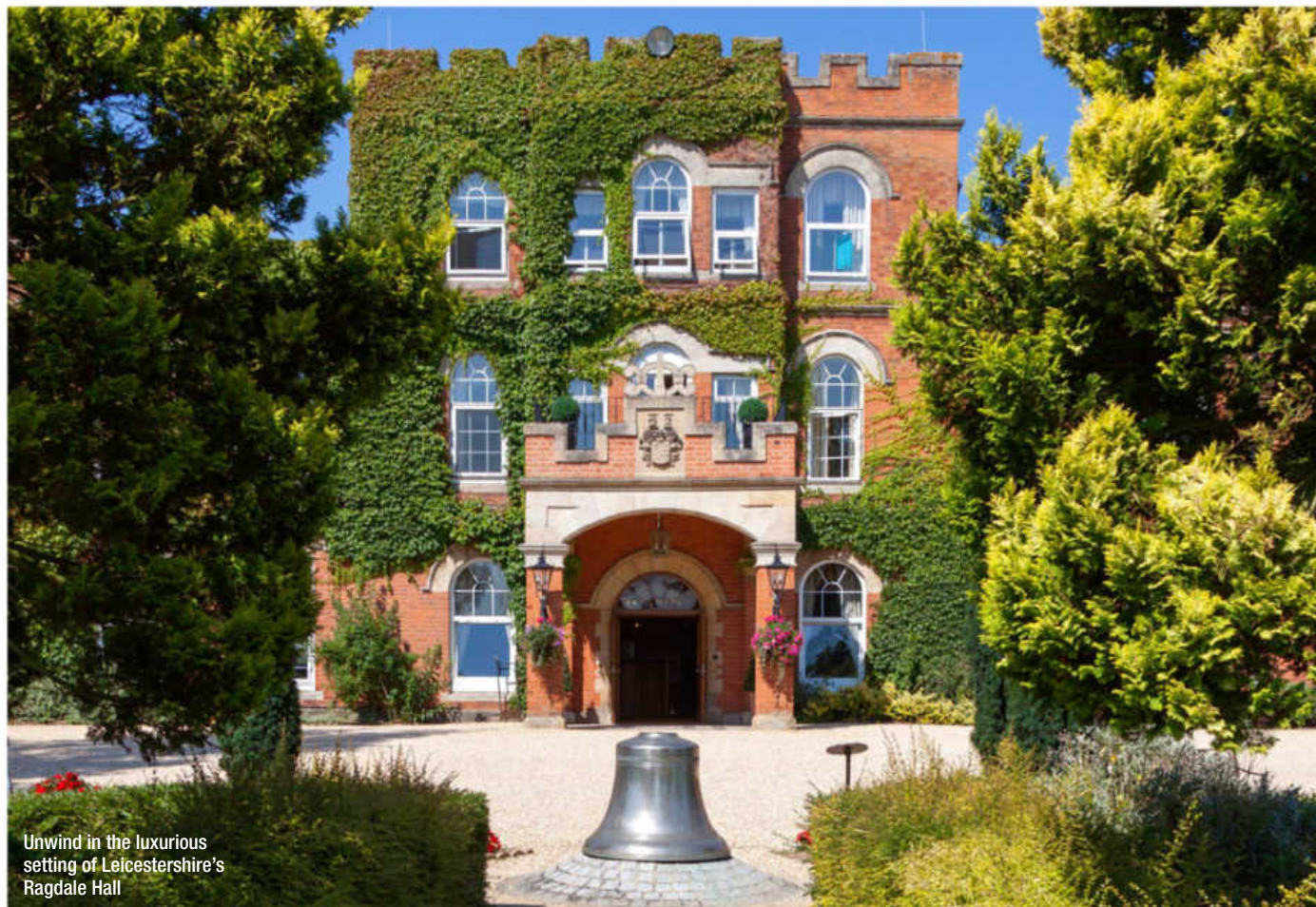
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Relax at Ragdale Hall

SAVE OVER 35% ON A SPA BREAK, WITH A CLARINS GIFT



Unwind in the luxurious setting of Leicestershire's Ragdale Hall

Be pampered at the award-winning Ragdale Hall Health Hydro & Thermal Spa. You and a friend can enjoy a two-night stay for **just £379 per person** (Sunday to Thursday) or **£438 per person** (from Friday or Saturday). You'll each receive a free Clarins gift, worth over £34, and can enjoy a further 10% discount if you book two breaks for 2016 at the same time.

WHAT'S INCLUDED? ♦ Superior Twin/Double/Triple Room for two nights sharing (check-in at 3pm, check-out at 2pm) ♦ Two 40-minute treatments each (choose from Body Massage, Prescription Facial, Classic Manicure or Moisturising Lavender Body Treatment) ♦ Clarins skincare consultation ♦ 15% off additional Clarins treatments ♦ Full use of spa facilities, Thermal Spa, all exercise classes and gym ♦ All meals (breakfast in bed, three-course buffet lunch, three-course dinner) ♦ Complimentary robe hire throughout your stay ♦ **FREE Clarins gift:** Eau Ressourçante Fragrance (30ml), Exfoliating Body Scrub (100ml), and Moisture Rich Body Lotion (100ml).



Enjoy spa treatments (above) and a gift from Clarins (right)

TO BOOK Call **01664 433013*** and quote reference **GHAPR16**

TERMS & CONDITIONS Offer is subject to availability. Break must be taken before 19 December 2016. Ragdale Hall Health Hydro, Ragdale Village, Melton Mowbray, Leicestershire LE14 3PB. Offer based on sharing a Superior Twin/Double/Triple Room for two nights. Third night option available for £169 per person (extra discount not applicable to third night option). Third night option includes all meals, another 40-minute treatment from the choices above, plus full use of all facilities. *Calls from landlines are charged at the standard national rate; calls from mobiles may cost more.

Tour exotic destinations

Discover hidden Portugal



8 days from £519pp

See the sun
set over the
city of Oporto

SELECTED DEPARTURES APRIL 2016 TO OCTOBER 2017

Enjoy this country of rugged coastlines and mountains, vineyards, hilltop villages and historic cities.

TOUR HIGHLIGHTS AND INCLUSIONS

◆ Visit Portugal's second city, Oporto ◆ Visit a Port wine lodge ◆ Journey along the scenic Costa Verde ◆ Explore the Vinho Verde vineyards and Ponte de Lima's ancient Roman bridge ◆ Explore the fishing towns of Povoia de Varzim and Vila do Conde ◆ Guided visits to Viana do Castelo and Valença do Minho ◆ Seven nights' dinner, bed and breakfast accommodation at the three-star Estalagem Santo Andre, Povoia de Varzim (upgrades available) ◆ Return flights to Oporto from a choice of UK airports* ◆ Comfortable, air-conditioned coach travel and transfers ◆ Friendly, experienced tour manager

TO BOOK and for more
information, call **0330 160 7905†**
quoting **GHM**

Capri, Pompeii and the Amalfi Coast

SELECTED DEPARTURES APRIL TO OCTOBER 2016

Spend a week on the Neapolitan Riviera, one of the Med's most alluring destinations.

TOUR HIGHLIGHTS AND INCLUSIONS

◆ Visit the ruins of Roman Pompeii and see Mount Vesuvius ◆ A full day on the Isle of Capri ◆ Journey along the famous Amalfi Drive ◆ Seven nights' dinner, bed and breakfast accommodation at the three-star Hotel Delle Palme in Sant Agata (upgrades available) ◆ Return flights to Italy from a choice of UK airports* ◆ Comfortable coach travel and transfers ◆ Friendly, experienced tour manager

TO BOOK and for more information,
call **0330 160 7905†** quoting **GHM**



Explore
the Isle
of Capri

8 days from
£699pp

India: tigers and the Taj Mahal

10 days from £999pp

Experience one
of the world's
most amazing
memorials



SELECTED DEPARTURES MARCH 2016 TO NOVEMBER 2017

Expand your horizons on a superb-value tour of northern India that spans everything from vibrant cities to exciting safaris, offering some unforgettable experiences.

TOUR HIGHLIGHTS AND INCLUSIONS

◆ Visit to New Delhi ◆ Rickshaw ride through Old Delhi ◆ Visits to Amber Fort, Jaipur's Palace of the Winds and the stepwell at Chand Baori ◆ Two included safaris ◆ Stay in a traditional lodge in Gajgarh ◆ Indian cookery demonstration ◆ Guided tour of Agra ◆ Visit to the Taj Mahal ◆ Eight nights' dinner, bed and breakfast accommodation in four-star and five-star standard hotels ◆ Five lunches ◆ Return flights from your chosen airport* to Delhi ◆ Air-conditioned coach travel and transfers ◆ Friendly, experienced tour manager



Search for tigers
in Ranthambore
National Park

TO BOOK and for more information, call **0330 160 7905⁺** quoting code **GHM**

TERMS & CONDITIONS These holidays are organised and operated by Newmarket Air Holidays Ltd. ABTA V7812. ATOL protected 2325. Holidays subject to availability; single supplements apply. *Eligible airports for Hidden Portugal tour: Bristol, London Gatwick, London Stansted, London Luton and Manchester; for Capri and the Amalfi Coast tour: Aberdeen, Birmingham, Bournemouth, Bristol, Durham Tees Valley, East Midlands, Exeter, Humberside, Inverness, Leeds Bradford, Liverpool, London Gatwick, London Stansted, Manchester, Norwich and Prestwick; for India tour: Aberdeen, Belfast City, Edinburgh, Glasgow, London Heathrow, Manchester and Newcastle. *Calls from landlines are charged at the standard national rate; calls from mobiles may cost more

WHIP UP A SPRING FEAST

with the GH Institute



Look to the Good Housekeeping Institute for fantastic products and foodie ideas this Spring. Here are some products we love – all have received our Good Housekeeping Institute Approved or Reader Recommended endorsements

KEY ■ GHI APPROVED ■ GH READER RECOMMENDED

GHI TIP

It's important to rest your roasted leg of lamb for about 20 minutes before carving. Resting lets the juices redistribute, resulting in more succulent meat.

ALBERT BARTLETT

- Rooster Roast Potatoes

ALDI

- Bramwells Tomato Ketchup
- Diplomat English Breakfast Tea
- Specially Selected Aberdeen Angus Burgers
- Ultimate Unsmoked British Back Bacon

Albert Bartlett Roast Potatoes



BRANSTON

- Baked Beans
- ### CROSSE & BLACKWELL
- Best of British Broccoli & Stilton Soup
 - Best of British Leek & Potato Soup
 - Best of British Pea & Ham Soup
 - Best of British Roast Chicken & Vegetable Soup



Crosse & Blackwell Best of British Leek & Potato Soup

Freixenet Cordon Rosada Cava



- Truly Irresistible Salted Crisps
 - Truly Irresistible Sea Salt and Chardonnay Vinegar Crisps
- ### FREIXENET
- Cordon Rosada Cava
 - Elyssia Gran Cuvée Cava
- ### ICELAND
- 4 Belgian Chocolate Majestics Ice-creams

Martin Miller's Gin



MARTIN MILLER'S GIN

- Gin
- ### MORRISONS
- 2-pack Bunny Cupcakes
 - Summerfruit Layer Cake
 - Lemon Drizzle Bundt Cake
 - Passionfruit & White Chocolate Bowl Dessert
 - M Signature Raspberry & Passionfruit Roulade

- Best of British Winter Vegetable Soup
 - Cream of Tomato Soup
 - Roast Red Pepper & Tomato Soup
- ### THE CO-OPERATIVE
- Loved by Us Tomato Ketchup
 - Loved by Us Not From Concentrate Fresh Orange Juice
 - Loved by Us Hot Cross Buns
 - Loved by Us Chicken & Bacon Sandwich
 - Loved by Us Home-Style Chips
 - Loved by Us Farmhouse White Sliced Loaf
 - Truly Irresistible Cheese and Shallot Crisps
 - Truly Irresistible Margherita Pizza



Iceland Majestics Ice-creams

- 4 Salmon Fillets
- Cheesy Potato Slices
- Luxury British Unsmoked Bacon Rashers
- Mashed Potato
- Wood-Fired Ultra Thin Pizza Four Cheeses
- Yellowfin Sole Lightly Dusted Fillets in Lemon & Parsley Marinade



Morrisons Cod Loin Wrapped in Bacon with Lemon & Caper Stuffing

Season's best: all Approved products are tested by the Good Housekeeping Institute



PHOTOGRAPHY: HEARST STUDIOS

- M Signature Salted Caramel Profiterole Stack
- Choux Ring
- Spring Flower Cake
- M Signature Hot Cross Buns
- Apple & Cinnamon Hot Cross Buns
- Giant Hot Cross Bun
- Hot Cross Loaf
- Roast in the Bag – Pork, Sage & Onion Stuffed Whole Chicken
- Roast in the Bag – Extra Tasty Whole Chicken
- British Traditional Beef Sirloin Joint
- British Topside of Beef Joint with Peppercorn Butter
- Carvery Leg of Lamb
- M Signature Roulade Toffee & Pecan
- Millionaire's Cheesecake
- Double Choc Gateaux

- M Signature Belgian Chocolate Marbled Egg
- Lightly Smoked Side of Salmon with a Herb Butter
- Lightly Smoked Salmon Long Loin Fillet
- Traditional Fish Bake in the Bag with Potatoes & Veg
- Giant Cookie Easter Design
- Daisy Meadow Cake/Simnel Cake
- Cod Loin Wrapped in Bacon with Lemon & Caper Stuffing
- M Signature Smoked Salmon with Pepper
- British Lamb Stuffed Guard of Honour
- Three Bird Roast
- TESCO Apple & Elderflower Pressé
- PRINCESS CRUISES Food & Dining Experience



Enjoy some Easter treats



HOW WE TEST

We don't rely on manufacturers' claims – only if a product passes our tests will we recommend it. A panel of testers compares food samples blind, rating them on appearance, aroma, taste, texture and overall quality.

FOR A FULL LIST OF PRODUCTS CURRENTLY ENDORSED BY THE GHI visit goodhousekeeping.co.uk/institute

Fashion & accessories

Must-haves this month



Saress® – The Ultimate Beach Dress – £10.99

As seen on TV

Say goodbye to the awkward sarong, it's simple to slip on, uses no knots or ties just a loop at two corners so you slip it around your back, thread opposite arms through for an elegant flattering beach dress in seconds – it's sensational! Slimming, cool and comfortable. Nineteen designs, five sizes, two lengths. Brochure: 01902 750657.
www.saress.com



Stylish Narrow Fitting Shoes

Narrow (AA) & medium (B) fitting shoes. Size 4-9 including halves and 10. Free measuring and hassle-free returns. Request a Catalogue by visiting **www.jamesinglis.com** or phone 0330 121 1111. Free P&P & 10% off* your first order. *T&C apply.



If only it had sleeves

Most women have hang ups about the upper arms. Here we have the answer – Underdress Sleeves. Pretty stretch lace or tulle sleeves attached to a cropped bodice which sits comfortably under a sleeveless dress or top. With so many sleeveless garments on the high street this little gem will open up any wardrobe and give the wearer immediate confidence. Made in Cheshire/UK. Enquire about our bespoke service. Available in 10 colours. Price £40. See more at **www.ifonlyithadsleeves.com** or call 0161 427 1881 for a free brochure.

Beautiful Nomads



Clothing inspired for a journey, ours and yours. From the wilds of Cornwall, this new collection is versatile for wearing on lazy days at the beach or lunchtime breaks in a city café. Contemporary pieces with touches of the bohemian. Fair Trade since 1989.

Made from natural cotton in sizes 8-18. Free delivery coupon code GHFP416, expires 30/06/16. Request a brochure 0800 655 6261. Shop online and find a stockist **www.nomadsclothing.com**



The Daphne Signature Gold by Du Maurier Watches

A stunning, Swiss-made, Limited Edition piece featuring an antique gold face under domed, sapphire glass, surrounded by a slim, gold case. Choose from this fabulous pale blue, lizard strap or opt for red, black or pink. From British designer Ned du Maurier Browning in memory of his late grandmother, Daphne du Maurier, this is a design classic. Daphne Signature Gold £440. See the full collection at **www.dumaurierwatches.com** or call 0845 519 3074.

Stylish wide fitting shoes

Wider Fit Shoes Ltd offers stylish, affordable shoes to fit you perfectly – whatever your width.



Today, they are the leading supplier of wide-fitting shoes in the UK, offering footwear from EE through to 8E fittings. Their entire range of shoes and slippers are adjustable, durable, lightweight and flexible and every purchase is backed by their no quibble guarantee. No wonder they're recommended by foot health professionals nationwide. For a free, colour catalogue or more information please call 01933 311077 or order securely online at **www.widerfitshoes.co.uk** Please quote GHX1609M for 10% off your first order.



Perilla

Gorgeous 75% alpaca socks are perfect for everyday wear and now in soft-top versions too. Alpaca fibre has higher insulating properties than any other wool fibre, repels odour and bacteria but gently wicks away moisture so feet remain at a perfect temperature all day. There is a vast palette of colours to choose from natural undyed to vibrant tones. All made in the UK.

perilla.co.uk
01886 853 615.



Carpet Bags

Soft, strong, long lasting carpet bags, range from small corded pouches to large Gladstone bags. They are a comfort and a joy to live with. A well-chosen, fabulous handbag or a stunning piece of luggage always draws admiring glances...

For beautiful and vibrant bags made in the UK visit **www.carpetbags.co.uk**



Heart Of Gold

Christin Ranger's exquisite Heart of Gold pendant in sterling silver and gold is designed to celebrate love, unity and community. Each piece is subtly inscribed with three simple words: You, Me, We. Beautiful at £45.

The pendant is a 1cm cube and comes with a 70cm silver chain and gift box. Available at **Christinranger.com** Or order by telephone: 01424 773091.



Varca

The handcrafted design of the traditional Menorcan Sandal from Varca is the perfect summer accessory for men, women and children. Our range includes a variety of colours and styles, including espadrilles and wedges.

Shop online at **www.varca.com** or visit our showroom Unit 3, Spring Buildings, Storrington, RH20 3DW, open Wed/Thurs 10am-3pm or call 01903 746677.



Beautifully colourful flip flops with a unique massaging sensation

You'll know the moment you put on a pair of flopZ that these aren't any ordinary flip flops. What makes flopZ so unique is the flopZgel that covers the insole, treating your feet to a delicious massaging sensation while you walk. Using only the finest materials, these comfortable, hardwearing flip flops keep their shape while remaining fresh and new in appearance all year round. £30. **www.flopz.com**

Exquisite nightwear collection

Nothing is nicer than a good night's sleep and nothing is guaranteed more to give you the very best night time comfort than soft, fine quality nightwear that has been designed and made in England by David Nieper.

Better still if it's easy to pack, lightweight and crease-resistant, it makes visits away to a holiday home or a long weekend a real pleasure. Styles are available in soft satin, pure cotton, soft luxury fleece and knitted velvet velours.

Call 01773 83 6000 or visit **www.davidnieper.co.uk** for a catalogue. Please quote GH16.



Home and away

This month's essentials



Springvale Leather

Springvale Leather have been hand crafting beautiful high quality furniture for 30 years.

All of their ranges can be made in any colour and you can alter the size and comfort to suit your personal requirements.

For more information or to request a brochure call 01706 225005 or visit www.springvaleleather.co.uk



Nationwide

Watch the days pass as you relax under the comfort of a Classic Veranda from Nationwide. Offering wide selections of frames to suit any property, and a choice of glass or polycarbonate roofing, you'll have plenty of options to achieve your dream design. Combine heating and lighting so no matter the season, you may relax in comfort come rain or shine. Each Veranda has a five year guarantee and fitted by qualified Nationwide Veranda installers. Nationwide is currently holding a Winter Sale, with discounts of up to 25%. To receive a free brochure, visit nationwideld.co.uk or call 0800 882 4052.

Vintage Travel

Celebrating 25 years, Vintage Travel offer you handpicked holiday villas in unspoilt locations. Our properties range from authentic, historic houses in rural areas to contemporary homes close to beaches; from cottage hideaways for a honeymoon to villas large enough for several families or a group of friends on holiday together all with private pools Spain, Balearics, Lanzarote and Portugal, France, Italy, Croatia, Greece and Turkey.

vintagetravel.co.uk

Tel: 01954 261431. ATOL/ ABTA



This is no ordinary dinner plate...

Eat what you love to cook and lose weight! Eat the same as your family, portion control is the easiest way to change your lifestyle.

The female Diet Plate® and calorie bowl offers 1200 - 1550 calories per day and the male 1500 - 1900 calories a day. It has a 40 page instruction booklet but you might want to check out our brand new slimming club too at

www.thedietplate.com

Priced from £9.99 plus p&p

Tel: 0800 644 0166



New Novisyn+ works to keep you moving

Our tried and tested Novisyn has just got better. New Novisyn+ still includes 17mg of pure Hyaluronic Acid but now also has added Vitamin C, nature's powerful healer! Together they create a science led formula that contributes daily to normal collagen formation for the normal function of cartilage, or in other words helping to maintain healthy joints. Introduce new Novisyn+ into your health and beauty regime and literally feel the difference. 7000 Facebook followers and growing. Try Novisyn+ today with our GHK offer. Add three boxes to your cart and get the third free. Use code GHK342.

www.novisyn.co.uk or call us on 01480 869456.

Wellwoman Inner Cleanse

An occasional cleansing regime to help remove harmful waste products from the body is great to help promote vitality and wellbeing. Wellwoman Inner Cleanse

is a food supplement designed to help support your body during such times and contains 26 bio-active nutrients including copper, iron and vitamin C which contribute to the normal function of the immune system and normal energy release. This is an important consideration whilst you are on a detoxification diet or exercise regime. RRP £9.15 for 30 tablets available from Boots, pharmacies and health stores and online at www.wellwoman.com



Home essentials

Living in style

Quality Sofa Beds, Sofas and Beds

Willow and Hall design and sell quality upholstered living and bedroom furniture, handmade by craftsmen in Wiltshire. All items are available in a large selection of fabrics and leathers, and our chaise storage models are ridiculously handy with a compartment to squirrel things away.

For a further 5% off current discounts, leading to 35% lower prices than high street retailers, visit www.willowandhall.co.uk or call 0845 468 0577 and quote GHK29316 by 29 March 2016.

Free delivery in around four weeks for most of the UK mainland and 14-day free returns on all items.

Product featured: The Ashwell Chaise Storage Sofa/Sofa Bed in Linen Cotton Stone from £1,712 and £1,855.



Swoon Editions

From artisan workshops direct to your doorstep, discover new designs every day without the inflated price tag at SWOON EDITIONS. Like the made-to-order Winston armchair, shown here in Granite velvet and dark beech. The iconic chesterfield, updated. Our designer pored over every detail from the exaggerated scrolled arms to the feather-filled cushions. Available in two sizes and 23 sumptuous textiles. From £599, including delivery. Readers also save £20 on orders over £200 with voucher code GOOD. To order, go to swooneditions.com/good or call 020 3137 2464. Offer expires on 28.03.16.

Spring into Summer with Sumptuous Casamoré

With spring already making its presence known in the garden, dreams of those lazy hazy days of summer are soon to become a reality again. Time has come to dust down the barbeque and reinstate the garden furniture, to plan exciting summer meals alfresco and enjoy balmy evenings relaxing outdoors with friends. With so many enjoyable hours spent eating outdoors it is worth casting around for just the right outdoor dining set. Why not sink into the comfort of a sumptuous Casamoré Corfu 210cm Elliptical Dining Set with eight elegant winged back armchairs? Perfect for most sized gardens and outdoor spaces, this delightful dining set comes with a fabulous five-year warranty. Crafted from maintenance free polyrattan in an attractive natural looking woven cane effect, your Corfu Dining Set is completely weatherproof and can be left out in all weathers. This is an outdoor dining set we all deserve! To see our beautiful furniture collections visit: www.thehomefurniture-store.co.uk or call 01323 430020.



Corfu 210 Elliptical Dining Set with Wing Back Armchairs £2,199

Health & beauty

Look good, feel good



Afraid to laugh, sneeze or run?

Many of us are prone to a bit of leakage, when we laugh, cough or jump – we put up with it as a fact of life, spending money every week on pads, but do we need to?

Urinary stress incontinence affects millions of women in the UK. For some it is a minor inconvenience, for others it can grow into a life-controlling condition. The good news is that, in most cases, it is easily self-treatable in the privacy of your own home.

Stress incontinence is caused by a weak pelvic floor, a condition which can be effectively treated by pelvic floor (or Kegel) exercises, especially if you catch it early. These exercises are easy to do, once you know how, but you do need to make sure you're doing them correctly.

Help is at hand... you can visit your

GP who can arrange a three month treatment of 'supervised pelvic floor muscle training', or prescribe a great little device called the PelvicToner™, which you can use on your own at home and which clinical trials show to be just as effective.

...or take control now and buy a PelvicToner™ from our online shop for only £29.99 delivered, less than one month's supply of incontinence pads.

Go to www.pelvictoner.co.uk/GH to purchase or to find out more, or call 0117 974 3534.



THE PELVICTONER™ IS QUICK AND SIMPLE, CLINICALLY PROVEN AND AVAILABLE ON PRESCRIPTION

Help combat the signs of ageing with Regentiv's Specialist Serum (with Retinol)



Lines wrinkles, crepey eyes, sun and skin damage can all benefit from this potent formula. Developed by leading skin specialists with concentrated Retinol, Vitamin E,

Aloe Vera and sunscreen.

Users say, "Since starting with The Specialist Serum my friends have asked what I am using and my skin has never looked better".

To order visit **www.regentiv.co.uk**

Tel: 01923 212555. 30ml £29.95, 50ml £44.95, 100ml £79.95, 200ml £149.

Free P&P. Regentiv Specialist Skin Care, PO Box 400, Herts, WD17 3ZW.



Krill Oil – The New Super Omega 3

Omega 3 in Krill Oil is in a unique phospholipid structure which research now suggests is far superior to fish oil omega 3 when delivered to the body for maximum omega health benefits. Krill Oil also provides astaxanthin, a highly respected antioxidant and choline, beneficial for brain and memory function. Silvertown Health Krill Oil is eco-harvested to protect nature in the pristine clear waters of the Antarctic.

RRP £24.95, Reader Offer £16.97 + p&p. (60 capsules up to two months supply).

Free home spa facial masque with first order. This offer can be withdrawn at anytime. Online Order/ more info –

www.silvertownhealth.co.uk or Tel 24 Hour Order Line – 0345 0956903.

Martha Hill Evening Primrose Skin Care Set

Save over 50% plus a free gift, worth £8.20

Formulated using the finest herbal ingredients, this top selling range will help maintain smooth, supple skin, providing everything you need for your daily skin care.

Features a 150ml Cleansing Lotion, 50ml soothing daytime Moisturiser, 50ml night time Nourishing Cream plus a free gift of 50ml pre-moisturising Toning Gel, worth £8.20. You can purchase this wonderful set for a special offer price of **£13.20** (saving over 50% of rrp £26.70) plus the free gift and free delivery.

To order free phone **0800 980 6665**

or order online at

www.beautynaturals.com/gh



Minimum Effort Maximum Impact

Get salon defined brows at home with the Colorsport 30 Day Brow Tint, semi-permanent colour that lasts for up to 30 days. Available in black or dark brown this easy to use brow tint leaves eyebrows healthier looking and more defined in just two minutes. Using the original Colorsport formula, brows appear glossier and naturally darker. A truly waterproof formula, with up to 16 applications per pack. Available in Boots RRP £8.25.

Colorsport is a unique range of specialist and benefit-led treatment products to target the eye area.

For more information about Colorsport 30 Day Brow Tint and the rest of the range, visit www.colorsport.com



The UK's first certified organic DD Cream

This tinted Daily Defence moisturiser with SPF15 protection uses Sea Fennel plant stem cells for a complete anti-ageing skin solution. These powerful skin healing cells offer intense hydration to boost skin radiance and tone, promote skin regeneration and preserve the youthful vitality of the skin. This lightweight skin-kind formula uses colour correcting natural earth minerals in three tones, Ivory, Light and Medium to reduce redness and balance out sallow complexions, all without blocking pores.

www.greenpeople.co.uk/agedefy



Look good, feel good

Do you suffer from flatulence or know someone who does? Shreddies garments help to eliminate the acute embarrassment caused by IBS and digestive disorders. How do they work? There is an activated carbon cloth panel that absorbs the flatulence odours and neutralises the smell. Shreddies offer you the perfect solution to reducing anxiety and helping you to live an active lifestyle.

Visit www.myshreddies.com prices start from £19.

Things just don't feel the same anymore?

Pregnancy, childbirth, menopause, weight gain and even some high impact sports can leave your pelvic floor weakened and stretched.

This problem affects millions of women in the UK resulting in leaks, lack of sensation and prolapse (where pelvic organs drop out of place).

You can regain control and confidence with Kegel8. Featuring 20 exercise programmes this digital exerciser automatically locates and works your muscles to perform over 200 contractions. Take the Kegel8 12 week challenge and take positive action to get strong again.

See women's stories at:

www.kegel8.co.uk/prolapse

Call: 01482 496 932.



Idyllic Escapes

Good Housekeeping present a selection of idyllic retreats at home and abroad from which you could choose a peaceful and relaxing break



WELSH COUNTRY RETREATS

Probably the best get away you have ever experienced.

Stunning cottages in the beautiful Welsh countryside and near to sandy beaches.
Five star luxury farmhouse and barn conversions, accommodating two to ten people.
Dog friendly accommodation, set in 24 acres with tennis court and children's play area.

www.welshcountryretreats.co.uk
01545 570 522



SALCOMBE HOLIDAY HOMES

Salcombe Holiday Homes specialise in properties solely in the centre of Salcombe, many taking advantage of the wonderful views of Salcombe's spectacular estuary and surrounding countryside. With a wide portfolio of properties to choose from we have plenty of choice for your holiday in this truly unique waterside town.

Telephone 01548 843485
www.salcombe.com



TINTERN ABBEY COTTAGE

Across from the magnificent Abbey, unsurpassed views. Idyllic Wye Valley Welsh borders. Fully renovated, warm 18C cottage. Sleeps up to 6 in 3 bedrooms. Two smart bathrooms, whirlpool bath, lavendered linens, cosy woodburner, CH incl., range cooker, sheltered garden, parking, WiFi. Easy M4/M5, close to castles, racing. Excellent golf, walking, eating. Pet welcome. Visit Wales 5 star & winner Best Self Catering & Winner Best Visitor Welcome Gold 2015. Credit cards. Short Autumn/Winter/Spring Breaks. Christmas.
www.monmouthshirecottages.co.uk 01600 860341



EXCLUSIVE LUXURY HOLIDAY PROPERTIES IN THE UK AND IRELAND

A Rural Retreats property has been carefully chosen for its beautiful interior as well as its idyllic setting. With a portfolio of over 300 properties throughout the UK and Ireland, from cottages to country houses for 2-24 guests, many with flexible start days and 2 night stays, there's sure to be a property that will be perfect for you and your family.

Request your NEW 2016 Brochure out now!
www.ruralretreats.co.uk or telephone 01386 897 959



PITT FARM

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I'm a castaway, and it's music to my ears!

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ILLUSTRATION **CLARE MACKIE**

I have a new music system that allows me to make playlists of my favourite tracks. I got it for Christmas, and it's so simple that it has only taken me three months to work out how to use it. I've often thought how great it would be if life were more like a film with an accompanying soundtrack. Certainly you would get more warning if a danger tune was playing while you were out and about, and how lovely if occasionally you heard something jaunty in the background suggesting hilarity was just round the corner.

Recently, I was a guest on Desert Island Discs. I love Radio 4 with a passion I can hardly describe. Whenever I have been abroad and get back in my car to drive home, I turn the key, the radio spins into life and someone on Radio 4 says something like '...and now The History of the Duffel Coat, Part 4'. and instantly I feel the world is a better place. It's a place I recognise and feel at home in, partly because there is some familiar furniture like Desert Island Discs (DID to the true aficionado). Even the theme tune, By The Sleepy Lagoon – overlaid with the sound of sea birds – makes me feel all warm and fuzzy. They're herring gulls that you only really find in Europe, by the way, which suggests the island is going to have a chilly season. There was a brief moment in 1964 when some smart-aleck new producer replaced the gulls with the sound of tropical birds but I expect that person did not last long at the helm.

I wanted to do a good job, but it was surprisingly nerve racking. The show is an institution. It was first broadcast on the BBC Home Service on 29 January 1942, when the deviser and original presenter, Roy Plomley, interviewed Vic Oliver, who was introduced as a 'comedian, lightning club manipulator, violinist and comedy trick cyclist'. I do comedy tricks on my bicycle, but it's not on purpose, and I wouldn't know a lightning club if I saw one, let alone be able to manipulate it. Oliver

studied music with Mahler, fought in the Austrian Cavalry in the First World War and married Winston Churchill's daughter. I had piano lessons from a woman called Mrs Belcher, once had a run-in with a man in a fish shop and married Eddie Killeen's daughter. Eddie is lovely, but he didn't win the Second World War. I felt unworthy and anxious.

You have to choose eight records to take with you to a mythical desert island. This seemed like a lot to me. When I was at boarding school, we had a Dansette record player and just three 45s, which were records with a single song on each side. If I ever hear Leaving On A Jet Plane by Peter, Paul and Mary again I may do some damage. It was tempting to choose tracks that showed me in a good light – something complex and classical. But once you start thinking about it, you realise it will be bad enough being abandoned by yourself without having to listen to people trilling in Italian. Mind

you, when soprano Elizabeth Schwarzkopf appeared on DID in 1958 she chose seven of her own recordings to take with her. To be fair, her eighth was the Prelude to

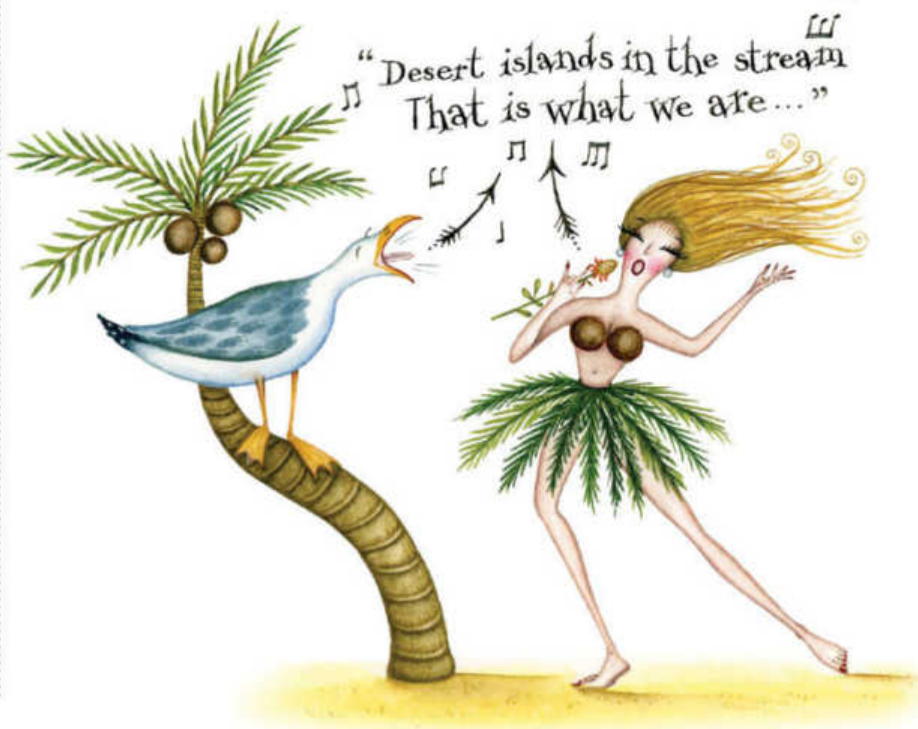
Richard Strauss's Der Rosenkavalier, which doesn't actually have any singing.

I do think I'd rather like being on a desert island – I'm endlessly practical and would rather enjoy the challenge of building a home and trying to make sensible shoes out of palm fronds. But I would miss my family and friends terribly.

In the end, I chose for myself: Good Morning from

the musical Singin' In The Rain, because I used to sing it to my kids to get them up. Then I had to have a Danish Christmas song, a song for my wonderful partner... and so the list grew. At the end of the show, you have to pick just one track out of the eight. I plumped for the disco classic It's Raining Men. When in doubt and on your own, the best thing to do is dance. ■

I chose Good Morning, as I used to sing it to my kids to get them up!



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